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HOUSEWIFE'S TREASURE.

A

MANUAL OF INFORMATION

ON EVERYTHING

THAT RELATES TO HOUSEHOLD ECONOMIES.

FRANK M. REED,
PUBLISHER,
NEW YORK.

GOOD BOOKS FOR YOUNG AND OLD, MARRIED AND SINGLE.

| | CENTS. |
|---|--------|
| The Model Letter-Writer | 15 |
| Old Secrets and New Discoveries | 50 |
| Preserving and Manufacturing Secrets | 50 |
| Housewife's Treasure | 30 |
| Educating the Horse | 25 |
| Life in the Back Woods | 20 |
| The American Sphinx | 25 |
| Courtship and Marriage | 15 |
| Leisure-Hour Work for Ladies | 20 |
| Every Lady Her Own Dressmaker | 20 |
| Health Hints. A Book on Beauty | 50 |
| The Amateur's Guide to Magic and Mystery | 25 |
| Napoleon's Oraculum | 15 |
| Ventriloquism (with Instructions for Making the Magic Whistle) | 15 |
| Love and Courtship Cards | 30 |
| An Easy Road to Fortune | 50 |
| The Lover's Companion | 25 |
| Magic Photographs, or Spirit Pictures | 30 |
| Magic Trick Cards | 25 |
| Magic Dial for Secret Correspondence | 25 |
| The Black Art Fully Exposed and Laid Bare | 25 |
| How to Write Short-Hand | 25 |
| How to Talk and Debate | 15 |
| How to Entertain a Social Party | 25 |
| Shadow Pantomime of Mother Goose | 30 |
| Swimming and Skating. A Guide for Learners | 20 |
| Spectral Illusions. A New Method of Showing Ghosts | 50 |
| Singing Made Easy | 20 |
| The Happy Home Songster | 20 |
| The Fireside Songster | 20 |
| How to Woo and How to Win | 15 |
| Our Boys' and Girls' Favorite Speaker | 20 |
| The Complete Fortune-Teller and Dream Book | 15 |
| The Dancer's Guide and Ball-Room Companion | 25 |
| How to Behave. A Guide to True Politeness | 15 |
| Laughing Gas. With Comic Illustrations | 25 |
| Salt, Pepper and Mustard. A Book of Fun | 20 |
| The Jolly Joker's Game-Bag. A Comic Book | 15 |
| Secrets for Farmers | 30 |
| The Swindlers of America: Who They Are, and How They Work | 25 |
| The Common-Sense Cook-Book | 20 |
| Robinson Crusoe. Profusely Illustrated | 30 |
| The Home Chemist and Perfumer | 20 |
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THE HOUSEWIFE'S TREASURE.

Paper Hanging.—The first thing to be thought of is the selection of paper hangings. According to the taste or judgment with which the pattern is chosen, so will the appearance of the room, when prepared, be agreeable or displeasing. Large patterns should, of course, be only used in large rooms. Dark-tinted papers are most suitable for light rooms, and light papers for dark rooms; many a dingy or gloomy apartment may be made to wear a cheerful aspect by attention to this particular. Stripes, whether on a lady's dress, or on the walls of a room, always give the effect of height; consequently a low room is improved by being hung with a striped paper. The effect is produced by a wavy stripe as well as a straight one, and, as curved lines are the most graceful, they should generally be preferred. Any pattern with lines crossed so as to form a square, is unsuitable for a low room; but with the lines made sloping or diagonal, there is not the same objection. A diamond trellis pattern, with a small plant creeping over it, looks well in a small summer parlor. For a common sitting-room, a small geometrical pattern is very suitable; being well covered, it does not show accidental stains or bruises, and, in the constant repetition of the design, there is no one object to attract the eye more than another. These are sometimes called Elizabethan patterns; they are much used for staircases, halls, and passages, but they are not to be chosen at random. According to the height and dimensions of the passage or staircase, such should be the pattern. A large pattern on a narrow staircase, and in a passage not more than eight feet in height, has a very heavy and disagreeable effect. A light gray, or yellow marble, divided into blocks by thin lines, and varnished, will be found suitable for most passages, if care be taken to adapt the size of the blocks to the place where they are to appear. A size that would look well in a hall twenty feet wide, would be altogether too large in one of only four or six feet. Many persons must have noticed, in their visits of business or pleasure, that some houses present a cheerful aspect as soon as the door is opened, while others look so dull that they make one low-spirited upon entering them. The difference is caused by the good or bad taste with which they have been papered and painted. A safe rule

with regard to paper hangings, is to choose nothing that looks extravagant or unnatural. Regard should be had to the uses of an apartment; a drawing-room should be light and cheerful; a parlor should look warm and comfortable without being gloomy; bedroom papers should be cool and quiet, and generally of a small pattern, and of such colors as harmonize with bed-furniture and other fittings. It is worth while to consider the sort of pictures to be hung on a wall; gilt frames show best on a dark ground, and dark frames on a light ground; taking care however to avoid violent contrasts. Heavy borders are seldom used now; they make a room low, without being ornamental.

The paper being purchased, the walls should next be looked to, in order to be sure that they are in proper condition to hold the paper. A new unwhitewashed wall will absorb the paste so rapidly that, before drying, there will be left too little body of paste on the surface to hold the paper. A coating of good glue size, made by dissolving a half a pound of glue in a gallon of water, or a coating of good paste, put on and allowed to dry before the paper is hung, will provide for this difficulty.

If the wall has already been papered it should be removed. Many lives have been lost from the laziness or ignorance of paper-hangers, who have laid on one paper above another, instead of tearing off the old one before hanging the new. There was a very handsome house near one of our provincial towns which could never keep its tenants, and at last stood empty and became worthless, because a detestable fever seized upon every family that lived in it. A ready-witted observer promised the owner to find out the cause. He traced the mischief to one room, and presently conjectured what was the matter there. He let a slip of glass into the wall, and found it the next day dimmed with a foetid condensed vapor. He tore down a strip of paper, and found abundant cause for any amount of fever. For generations the walls had been papered afresh, without the removal of anything underneath. And there was the putrid size of old paper inches deep! A thorough clearance, and scraping, and cleaning, put an end to the fever, and restored the value of the house.

If the wall be whitewashed, it should be scratched with a stiff brush, to remove every particle of loose lime from the surface; after which it should be thoroughly swept down with a broom, and coated with the glue size or thin paste.

A long table of thin boards cleated together and placed on wooden horses, such as are used by carpenters, a pair of sharp shears—with long blades if possible—a whitewash brush, a pail for paste, and a yard of cotton cloth, are the implements required. The table or board platform should be level on its upper surface to

facilitate the distribution of the paste. The latter should be free from lumps, and should be laid on as evenly as possible. It should be made of good sweet rye or wheat flour, beaten smooth in cold water before boiling, and should not be allowed to boil more than a minute or two, but should be raised to the boiling point slowly, being continually stirred till it is taken from the fire.

Inexpert hands often find difficulty in making the patterns match in the juxtaposed pieces. No general directions can be given for this, but a little study at the outset will often save cutting to waste, and other difficulties. In this matter, as in others, it is wise to "first be sure you are right, then go ahead." As soon as the proper way to cut the paper is decided upon, a whole roll, or more, may be cut at once, and the pieces laid, printed side downwards, upon the table, weights being placed upon the ends to prevent curling. The paste should then be applied to the back of the uppermost piece, as expeditiously as possible, as the longer the time employed in this part of the operation, the more tender will the paper get, and the more difficult it will be to lay it properly.

The upper end of the piece should then be taken by the corners, and the operator, stepping upon a bench or step-ladder, should barely stick the piece at the top, and in such a manner that the edge shall coincide with the piece previously hung; this can be done by sighting down the trimmed edge of the piece, while it is held in the hands. The cloth should now be held in a loose bunch, and the paper smoothed with it from top to bottom, care being taken to work out all air from under the paper, which, if not thoroughly done, will give it a very unsightly blistered appearance.

If the wall be uneven or crooked, as is often the case in old houses, it will be difficult to avoid wrinkles, but they can be mostly got rid of, by cutting the paper and allowing the cut edges to lap over each other, in places where there would otherwise be a wrinkle.

By following these directions the most inexperienced will be able to do a reasonably tidy piece of work, but of course much skill is only secured by practice.

To clean Wall Paper.—Cut into 8 half-quarters a stale quartern loaf; with one of these pieces, after having blown off all the dust from the paper to be cleaned by means of a good pair of bellows, begin at the top of the room, holding the crust in the hand, and wiping lightly downward with the crumb, about half a yard at each stroke, till the upper part of the hangings is completely cleaned all round; then go again round with the like sweeping stroke downward, always commencing each successive course a little higher than the upper stroke had extended, till the bottom be

finished. This operation, if carefully performed, will frequently make very old paper look almost equal to new. Great caution must be used not by any means to rub the paper hard, nor to attempt cleaning it the cross or horizontal way. The dirty part of the bread too must be each time cut away, and the pieces renewed as often as is necessary.

Paste for Paper Hanging.—A new form of paste for attaching paper hangings to walls, and one which, besides possessing the merit of cheapness, has the advantage of preventing the paper from separating or peeling off, is prepared by first softening 18 pounds of finely powdered bole in water, and then draining off the surplus water from the mass. One and a quarter pounds of glue are next to be boiled into glue water, and the bole and two pounds of gypsum are then stirred in, and the whole mass forced through a sieve by means of a brush. This is afterwards diluted with water to the condition of a thin paste or dressing, when it is ready for use. This paste is not only much cheaper than the ordinary flour paste, but it has the advantage of adhering better to whitewashed surfaces, especially to walls that have been coated over several times, and from which the coating has not been carefully removed. In some cases it is advisable, when putting fine paper on old walls, to coat them by means of this paste with a ground paper, and to apply the paper hanging itself to this with the ordinary paste.

To Clean Carpets.—Brussels carpets may be cleaned as follows:—Take them up and shake and beat them, so as to render them perfectly free from dust. Have the floor thoroughly scoured and dry, and nail the carpet firmly down upon it. If still much soiled, it may be cleaned in the following manner:—Take a pailful of clean cold spring water, and put into it about 3 gills of ox-gall. Take another pail with clean cold water only. Now rub with a soft scrubbing brush some of the ox-gall water on the carpet, which will raise a lather. When a convenient sized portion is done, wash the lather off with a clean linen cloth dipped in the clean water. Let this water be changed frequently. When all the lather has disappeared, rub the part with a clean dry cloth. After all is done, open the window to allow the carpet to dry. A carpet treated in this manner will be greatly refreshed in color, particularly the greens. —In nailing down a carpet after the floor has been washed, be certain that the floor is quite dry, or the nails will rust and injure the carpet. Fuller's earth is used for cleaning carpets, and weak solutions of alum or soda are used for reviving the colors. The crumb of a hot wheaten loaf rubbed over a carpet has been found effective.

To remove Grease from Carpets.—1. Mix a little soap into a gallon of warm soft water, then add half an ounce of borax;

wash the part well with clean cloth, and the grease or dirty spot will soon disappear.—2. Cover the grease spot with whiting, and let it remain until it becomes saturated with the grease; then scrape it off, and cover it with another coat of whiting, and if this does not remove the grease, repeat the application. Three coats of whiting will, in most cases, remove the grease, when it should be brushed off with a clothes brush. If oil has been spilt on a carpet, that part of the carpet must be loosened up, and the floor beneath it well scrubbed with warm soap and water, and fuller's earth; otherwise the grease will continue yet to come through.

How to use and manage Brooms.—First, buy your broom; and in buying, choose green brush. See that the broom-head will not shake in the handle; if it does, reject it; for the handle having been green when the broom was made, in sweeping the brush will keep falling out. Next, open the broom below the sewing, and see if there is any stalk. It should be all brush; for as the stalk of broom corn is brittle; if there are any below the twine, they will be continually breaking off. Now, in using a broom, don't expect it to support you through the process of sweeping; that is how it gets its bent appearance or curl on the edge which some brooms have, and all the good that comes of it is, that you wear yourself, carpet and broom out quicker. We have seen a broom used so unskillfully, that one would almost think the person engaged in using it was endeavoring to change the place of the dust from the floor to the furniture. It requires some science, or at least some skill, to use a broom well, as it does to do anything else. To use a broom skillfully, the handle should incline forward and not backward, as is often the case. If the top of the broom inclines forward of the part next the floor it will prevent much of the dust from rising into the air, and will carry it along by a gentle sliding motion toward the place where it is to be disposed of. If, on the other hand, the handle of the broom inclines backward, the dust is sent into the air by a kind of jerk, to the great annoyance of those who occupy the room, and to the great detriment of everything the apartment contains. More than this, it wears the threads of the carpet quicker, injures the paint more, if the room is uncarpeted, and destroys the broom sooner than if the sweeping was done in a more rational way. A new broom sweeps clean, because it is the proper shape; keep it so by sweeping on each side alternately. Wetting it before sweeping, will restore its flexibility; and if wet in boiling suds, once a week, they will become very tough, will not cut a carpet, last much longer and always sweep like a new broom. Do not keep a broom near the fire; the brush is liable to break, being so dry. Do not store brooms where there are rats or mice; they like the corn. A

broom that is all out of shape, may be restored by soaking, then pressed in shape between something heavy.

To keep Houses cool in Hot Weather.—In very hot days a cool apartment is a real luxury to be had far oftener than most people suppose possible. The secret consists, not in letting in cool air, for naturally all do that whenever they have the chance; but in keeping out the hot air. If the air outside a room or house be cooler than the air inside, let it in by all means; but if it be hotter, carefully keep it out. A stair-case window left open during the night will often cool the passages of a house, and the rooms, too, if their doors be not shut; but it must be closed at 8 or 9 o'clock, in the morning, or, if on the sunny side, at 4 or 5 o'clock, and the blind drawn down. The mistake people generally make is to throw open their windows at all hours of the day, no matter whether the atmosphere outside be cool or scorching. Let us have some air, they say, and in comes the treacherous breeze—for even hot air is pleasant while it is gently blowing, taking away perspiration, and thereby cooling the skin; but the apartment is made warmer, instead of cooler, and as soon as they move out of the draught they find their room to be more uncomfortable than before. Let in cool air—keep out hot—that is the only formula to insure the minimum of discomfort. Sitting-rooms may generally be kept cool during the whole day if the doors be only opened for egress, and the windows kept closed and shielded from direct sunshine by a blind. If the atmosphere of a room be impure from any cause, let it be renewed; hot air is less injurious than bad air. If a room be small in comparison with the number of persons engaged in it, free ventilation becomes indispensable.

Country Soap Making.—In most parts of this country it is as convenient, and much cheaper, to make soap from the lye of leached ashes than from a soda lye. To leach the ashes properly for this purpose, from two to five per cent. of lime should be added, to give proper causticity to the potash in solution which the lye contains. The ordinary process is to have a receptacle made of boards and lined with straw, cone-shaped, the lye running through at the bottom. Upon the straw, fresh wood ashes mixed with a little lime, is placed, and water poured thereon and allowed to filter through and trickle out from the point into a proper vessel. The lye will not be of uniform strength. Hot water poured upon the ashes makes a stronger lye than cold; in other words, it extracts more potash from the ashes. To get the lye to a uniform strength, and one proper for soap making, boil it until a sound potato will float upon its surface. This is the farm wife's specific gravity test, and it is as accurate as any sold by the opticians. Then, into a

kettle two-thirds full of lye, in with your melted fat, by ladlefuls at a time, and stir until it is creamy; now begin to add the salt by small handfuls, stirring carefully and rapidly until a ring made of soapy matter on the stirring stick, remains visible. Then allow the fire to go out, and the soap to harden. It usually gathers on the top of the spent lye, from which it may be lifted when hard, or the lye can be poured off by tipping the kettle. Soft soap is made in the same way, without the salt. A correspondent of a monthly magazine gives the following method of making soap for family use in the country: I start the lye to boiling, and then while boiling, if the lye is not strong enough to eat the feather off a quill, boil it down until it is. When it will just eat the feather, let the kettle be a little more than one third full of lye, and put in grease, skins of the hogs, bacon rinds, meat fryings, and the like, untill the kettle is about two-thirds full. The kettle must not be full, for with the least bit too much fire, over the soap goes. It is better to put in a little less than the necessary amount of grease. Lye and grease combine in certain proportions, but pass the limit, and no amount of boiling will take up an excess of grease. It will remain on top, hot or cold, and will be very troublesome; whereas a little too much lye will sink to the bottom when the soap comes. If the proportions are good, a little fire only is required to keep it boiling, and in a few hours it is done. Then take a bucket of weak lye, and let it boil up with the soap once. This will not disturb the already made soap, but will wash the dirt out that was in the grease, and with it settle to the bottom. When the soap is cold it can be cut out in cakes. Exposure to the air will soften it down until it is of about the consistence of mush, and a little darker, growing fairer and fairer. Some, instead of putting in lye to wash the dirt out of the soap, put in salt and water. The soap thus made is whiter, but is apt to be too stiff to use easily in the wash-tub. It makes excellent ball soap for washing dirty hands. I take some weaker lye and the clean part of that which is left in the bottom of the soap kettles, and enough to half fill one of the kettles or more, setting it in some convenient place outdoors. I put a stick of wood, on the north side of the top of the kettle, lay on some boards, making a roof which is easily managed to shed rain, and lay another stick on top to keep the roof in place. By lifting one of the boards a little, I can put in from time to time whatever soap-fat is gathered in the family through the summer. Whenever the sun shines, I remove the cover and stir the lye. I facilitate the business a little in this way, and I have by fall a half kettle of decent soap, and no trouble with soap-fat in hot weather.

To prepare Animal Fat for Soap Making.—Tallow, when exposed at common temperature in the air, gradually

acquires an unpleasant, rank smell. This can be prevented by cutting it in slices, and boiling it in water containing for every one hundred pounds of fat (water, thirty-five to forty pounds) one quarter of a pound of alum, one half pound of salt; this is boiled together and strained; the cake of strained fat taken up and washed in clean water; then remelted at a low heat, and poured into a barrel containing twice as much water (by measure) as of the melted grease, and to this water add about ten per cent. of good clear sweet soap compared to the amount of grease, the water not to be more than blood-heat, and the temperature of the grease about the same. The whole is thoroughly stirred with a broad stick till cold, when it is allowed to rest and separate from the water, which is afterward withdrawn, and the fat remaining, in a granular state, completely drained, and finally dried in a current of dry air, is then transferred and packed in firkins, crocks or barrels. Grained fat thus prepared, is kept sweet, and is also acted on by the lye with a far greater ease and rapidity, in consequence no doubt of its grain-like state, which enables the alkali in the lye to act upon a greater surface at once without requiring the boiling of the fat with the lye, and producing a soap free of rank smell, while the grained fat in suet may be preserved sweet for soap-making purposes for years, if thoroughly dried before packing away.

To preserve Grease.—Boil all the scraps, rinds, and bones, in a weak lye, and the purer grease in clear water. Let the mixture cool, take off the cake of grease, and strain it. It is well to do this occasionally, as you save it; for when kept a long time, impure grease becomes offensive. You must be careful to dry off all the water before laying it away in your grease tub, if you wish it to keep sweet.

To purify Grease.—If the grease is very foul in smell, it should be put in a boiler with water, on the fire, (about three times as much water as of the grease), a small quantity (say a teaspoonful for five to ten pounds of grease) of permanganate of potash added, by stirring, to the whole, and after the mixture has cooled a little, it is strained through a cloth, and allowed to rest, when the cake of fat is taken out and put in a cool place, or in the pot in which it is to be remelted for transformation into soap. The purpose of the permanganate of potash is to remove the rank odor of the grease, which otherwise would contaminate the soap also.

Chemical soft Soap.—Take grease, 8 lbs.; caustic soda, 8 lbs.; sal-soda, 1 lb.; melt the grease in a kettle, melt the sodas in soft water, 4 gals., and pour all into a barrel holding 40 gals. and fill up with soft water, and the labor is done. When the caustic soda cannot be obtained of soapmakers, you will make it by taking

soda-ash and fresh slaked lime, of each eight pounds; dissolving them in the water with the sal-soda, and when settled, pouring off the clear liquid.

Home made Soap from caustic Soda.—It sometimes happens that caustic soda is not within reach, and yet sal-soda is to be had. To transform this material into a suitable lye for soap-making, this is a convenient and suitable process. Dissolve sal-soda, say three pounds, in two gallons of warm water. Slake in a firkin three pounds of good quicklime; add to it the soda solution; stir the whole thoroughly with a stick, and add two gallons of boiling water; stir again, and let it settle. Pour off the clear liquor in a clean iron boiler placed on the fire, and stir into it six pounds of clarified grease, and two ounces of powdered borax. Let it boil slowly till it gets thick and ropy (about ten minutes boiling), and pour it into a tub or tight box, as stated above. Soap thus made is an excellent hard soap for family use; after drying a month or so in a dry-room, and cut into bars, it is fit for use.

Hard Soap.—Take 6 pounds of sal-soda, 6 pounds grease, and 3 pounds quick lime. Thoroughly mix the soda and lime in four gallons of water, pour off from the sediment, put in the grease and boil 20 minutes; pour off and before entirely cold cut in bars.

Soft Soap.—1. Take 1 gallon of soft soap, to which add 1 gill of common salt, and boil an hour. When cold, separate the lye from the crude. Add to the crude 2 pounds of sal soda, and boil in 2 gallons soft water till dissolved. If you wish it better, slice 2 pounds of common bar soap, and dissolve in the above. If the soft soap makes more than 3 pounds of crude, add in proportion to the sal soda and water.—2. For one barrel take potash, eight pound; melted and clarified fat, eight pounds. Crack the potash in small lumps, and put it into a large iron pot of three or four gallons capacity, with hot boiling water to nearly fill it. Heat the fat in another iron pot quite hot. Put three or four gallons of hot water in the barrel, previously cleaned and ready for use, and ladle in it alternately the hot fat and hot lye; stir the whole briskly for a while before more lye and fat are ladled in, and gradually add enough hot water to fill the barrel; stir again the whole, after each ladle of hot water, till the whole becomes a creamy mass, uniform in its appearance. Allow it to rest for three months in a temperate place or cellar.—3. Dissolve a quarter of a pound of lime in a gallon of cold water, then take off the clear; dissolve half a pound of sal-soda in a quart of water, and mix it with the clear lime-water; one pound of brown soap, dissolved in a gallon of water, is then to be added to the clear liquor formed with the sal-soda and lime-water, and this forms the soap. This soft soap is excellent for

boiling white linens. It removes all grease that is in them, because it contains an excess of caustic lye. About one quart of it is sufficient for boiling clothes in a ten gallon copper. A quantity of this may be made up and kept for constant use.

Jacksons Universal Washing Compound.—Two and a-half pounds of sal soda; one-half pound of borax; one-quarter pound of rosin; two ounces of salts tartar; one ounce of liquid ammonia; dissolve the soda, borax and rosin in four quarts of water, and let it boil ten minutes; when cold, add salts of tartar and ammonia, with four gallons of water; keep corked tight. Directions for using:—Put your clothes in clear water the night before you want to wash; in the morning wring them out and place them in a tub; then put in your boiler five gallons of water, one-half pint washing compound, one-half pint of soft soap; when quite hot, but not boiling, pour it over your clothes; cover them, and let them stand twenty minutes, when they are ready to be looked over, and the streaks can be easily rubbed out with the hands; have ready in your boiler the same quantity of water, soap and compound; put in your clothes, let them come to a boil, when they are ready to rinse and hang up; do not let them boil too long, or they will be yellow. The same water that your first clothes were washed through will do for the next by being heated again.

German Washing Fluid.—The use of soda for washing linen is very injurious to the tissue, and imparts to it a yellow color. In Germany and Belgium, the following mixture is now extensively and beneficially used: 2 lbs. of soda are dissolved in about 5 gallons water as hot as the hand can bear it; then next is added to this fluid, three large sized tablespoonfuls of liquid ammonia and one spoonful of best oil of turpentine. These fluids are incorporated rapidly by means of beating them together with a small birch broom. The linen is then soaked in this liquid for three hours, care being taken to cover the washing tub by a closely fitting wooden cover. By this means the linen is thoroughly cleaned, saving much rubbing, time and fuel. Ammonia does not affect the linen or woollen goods, and is largely used as a washing liquor in the North of England.

Tallow Candles (By Dipping.)—The broaches being covered with wicks, are arranged in frames ready for dipping. The dipping cistern being filled with tallow of a proper temperature from the boiler, one of the frames is placed upon the end of the dipping beam, and pressed down gently into the melted fat; it is next withdrawn, the bottoms of the candles just touched against a board placed on one side of the cistern, for the purpose, and then removed to the rack. Another is now taken and treated in the same manner, and the process is continued with fresh frames until those first dip-

ped are sufficiently cool to undergo a second immersion. This operation is repeated until the candles acquire a sufficient size, when they are finally cooled, sorted, weighed, and strung in pounds for sale. The dipping beam is simply a piece of wood hung from the ceiling by the centre, and arranged with weights at one end, and at the other with supports to receive the frame with the wicks. It is so balanced that a slight pressure with the fingers is sufficient to depress it so as to immerse the wicks or partly formed candles into the tallow of the dipping cistern. On withdrawing the pressure, the beam again assumes the horizontal position, and thus raises the candles out of the melted fat. The dipping-room, or shop, is usually situated in the coldest part of the premises, and furnished with a species of Venetian shutters throughout the entire length of walls, (if possible,) after the manner of breweries, to preserve a constant current of cool air.

Tallow Candles (By Moulding).—Mould candles are made of the best kind of tallow; a mixture of 3 parts of sheep with 1 part of ox suet, both fresh, makes the most glossy and consistent candles. The moulds are made of pewter; the part answering to the bottom of the candle being left open, and a small hole at the top left also for the wick; eight or more of these moulds are fitted into a stool, the upper surface of which forms a kind of trough, the bottom part of the mould being upwards. The wicks are then introduced by putting a long wire, furnished with an eye or hook at one end, down through the mould, until it protrudes at the bottom, (or rather top,) when a wick is inserted and the needle is then immediately drawn back. As soon as all the moulds have received their wicks, a wire is run through the loop of each and then allowed to rest on the top of the moulds; the protruding portion of the wicks is next pulled tight, and properly arranged in the centers of the moulds. Melted tallow of a proper temperature is now poured into the trough-like part of the stool, until the moulds are all full. The wicks are again pulled tight, and the whole allowed to cool. When quite cold, the wire that held the wicks is withdrawn, and the candles pulled out one by one, by inserting a bodkin into the loop of the wick. The better class of moulds are then either bleached by exposing them to the dew and air for a few days, or by keeping them for a few weeks, until sufficiently whitened.

Preparing Candle Wicks.—Borax, 2 ounces; chloride of calcium, chloride of ammonium, and saltpetre, 1 ounce each; then dissolved in three quarts of water and filtered; the wicks are soaked in this solution and then dried. Another is: first steep the wicks in a solution of lime-water, in which saltpetre has been dissolved. To one gallon of water add 2 ounces saltpetre and $\frac{1}{2}$ pound lime.

Dry well the wicks before using. It improves the light, and prevents the tallow from running.

To clarify Tallow.—Dissolve one pound of alum in one quart of water, add this to 100 pounds of tallow in a jacket kettle (a kettle set in a larger one, and the intervening space filled with water. This prevents burning the tallow.) Boil three quarters of an hour and skim. Then add one pound of salt dissolved in a quart of water. Boil and skim. When well clarified the tallow should be nearly the color of water.

To Harden Tallow.—I have used the following mixture with success: To one pound tallow take one fourth of a pound common rosin; melt them together, and mold the candles the usual way. This will give a candle of superior lighting power, and as hard as a wax candle; a vast improvement upon the common tallow candle, in all respects except color.

Liquid Blue.—1. Take 1 ounce of soft Prussian blue, powder it and put it into a bottle with 1 quart of clear rain water, and add a quarter ounce of oxalic acid. A teaspoonful is sufficient for a large washing.—2. Take half a pound of best double oil of vitriol, mix one ounce of Spanish indigo, pounded very fine, and scrape in a little chalk; have an iron pot half full of sand, set this on the fire; when the sand is hot, put the bottle in and let the vitriol, etc., boil gently for a quarter of an hour, take the whole off the fire, and let it stand for twenty-four hours, and then bottle it for use.

Methods for Destroying Rats.—1. Mix some fine plaster of Paris with an equal quantity of flour; put the mixture in the place infested by the vermin, and a vessel full of water beside it. The rats will devour the mixture, and then drink; whereupon the plaster, brought into contact with the water, will become solid, and like a stone in their stomachs, which will cause their death. This method is evidently highly preferable to the use of arsenic, which is always attended with danger.—2. Flour, 6 pounds; sugar, 1 pound; sulphur, 4 pounds; phosphorus, 4 pounds.—3. When a house is infested by rats which refuse to nibble at toasted cheese, and the usual baits, a few drops of the highly scented oil of rhodium, poured on the bottom of a cage top, will always attract before morning. Where a trap baited with all manner of edibles had failed to attract a single rat, the oil of rhodium caused it to be completely crowded night after night.—4. Mix powdered nux vomica with oatmeal, and lay it in their haunts, observing proper precaution to prevent accidents.—5. (*Phosphorus paste.*) Take of phosphorus, 8 parts; liquefy it in 180 parts of luke-warm water, pour the whole into a mortar, and add immediately 180 parts of rye meal; when cold, mix in 180 parts of butter melted, and 125 parts of sugar. If

the phosphorus is in a finely-divided state, the ingredients may be all mixed at once, without melting them. This mixture will retain its efficacy for many years, for the phosphorus is preserved by the butter and only becomes oxidized on the surface. Rats and mice eat this mixture with avidity, after which they swell out and soon die.—6. Cover the floor near their holes, with a thin layer of moist caustic potash. When the rats walk on this it makes their feet sore. These they lick with their tongues, which makes their mouths sore, and the result is that they not only shun this locality, but appear to tell all the neighboring rats about it, and eventually the house is entirely abandoned by them, notwithstanding that the neighborhood may be teeming with them.—7. Corks, cut as thin as wafers, roasted or stewed in grease, and placed in their tracks; or dried sponge in small pieces fried or dipped in honey, with a little oil of rhodium, or bird-lime, laid in their haunts, will stick to their fur and cause their departure. If a live rat be caught, and well rubbed or brushed over with tar, and train-oil, and afterwards put to escape in the holes of others, they will disappear.

How to wash Dishes.—First make sure before breakfast or dinner that there is plenty of water in the boiler, and also in the tea-kettle. After the table is cleared, the tablecloth brushed off and neatly folded away and the dining-room disposed of, proceed with your dishes. First take a large dish-pan, put into it a piece of soap, and pour over the soap three or four dipperfuls of hot water from the boiler. Then add 2 or 3 dipperfuls of cold soft water. Then the dish-cloth. The water should now be so cool as not to turn the hands red when put into it. Take the dish-cloth and rub from the soap the melted surface, and put the remainder away. Wash a dish at a time and pass it to another pan. When all are done, or the pan is full, take the tea-kettle and pour over enough hot water to thoroughly rinse and heat them. Now take them from the water, one at a time, and place them bottom-side up upon a tray or pan to drain. If they have been properly washed, this hot rinsing water will run off or evaporate in a minute, leaving the dishes nearly dry. However, they should now be wiped with a clean, dry towel, and put away. Dishes must be washed in soft water. Especially is this necessary where soap is used. And soap is really indispensable in washing dishes properly. The dishes should be scraped free from grease, crumbs, bones, etc., before commencing to wash them. A neat house-keeper will have the same dish-cloth in use until it is worn out, when it should be put into the ragbag. Never allow the dish-cloth to be used for anything else but washing dishes.

Yeast.—1. In 2 quarts of water let 2 oz. of hops boil for $\frac{1}{2}$ an

hour; strain the liquor, and let it stand in a wide earthenware bowl. When lukewarm add a small quantity of salt—say $\frac{1}{2}$ handful—and $\frac{1}{4}$ of a lb. of sugar. Take some of the liquor, and well mix up in it $\frac{1}{2}$ a lb. of the best flour, beating this up thoroughly to the whole afterwards. The next day but one put in $1\frac{1}{2}$ lbs. of boiled and mashed potatoes; let it stand one more day, after which it may be bottled for use. It should be kept near the fire while making, so as to keep it about the temperature of new milk, and it should also be frequently stirred during the process of making. When bottled, it should be kept in a cool place.—2. Take 12 large potatoes, a pint of hops boiled in a gallon of water; mash the potatoes well, add a teacupful of sugar and one of salt, and 1 pint of yeast. Let it rise a day, then put it into a jug and cork it loosely; put about $\frac{1}{2}$ a pint to a gallon of bread-raising.—3. Boil 1 lb. of good flour, a $\frac{1}{4}$ of a lb. of brown sugar, and a little salt, in 2 gallons of water for an hour. When milk warm, bottle it and cork close. It will be fit for use in 24 hours. 1 pint of the yeast will make 18 lbs. of bread.

Yeast Cakes.—Put into 3 pints of water a handful of hops, and nearly a quart of pared potatoes, cut into small pieces. Boil for $\frac{1}{2}$ an hour, and strain, while scalding hot, into sufficient flour to make a stiff batter. Stir it well, adding one tablespoonful of fresh yeast, and set in a warm place to rise. When light, mix it stiff with Indian meal, roll out thin, and cut into round cakes or square pieces about $2\frac{1}{2}$ inches in diameter. Dry these thoroughly, and keep them in a bag in a dry place. They will remain good for months.

General Antidotes and rules to be observed in accidental Poisoning.—The first thing to be done, when a person has swallowed a poison of *any* kind, is to empty the stomach, by taking a teaspoonful of common salt and the same quantity of ground mustard stirred rapidly in a teacup of water, warm or cold, and swallowed instantly. Next give water to drink, cold or warm, as fast as possible, a quart or more at a time, and as fast as vomited drink more; tepid water is best, as it opens the pores of the skin, and thus gives the speediest cure to the poisonous article. If pains begin to be felt in the bowels, it shows that part at least of the poison has passed downwards; then large and repeated injections of tepid water should be given, the object in both cases being to dilute the poison as quickly and as largely as possible. Do not wait for warm water—take that which is nearest at hand, cold or warm, for every second of time saved is of immense importance. It has been found that there is hardly any poison which, being diluted in a sufficient quantity with water, may not prove inoffensive. This virtue, coupled with its universal availability, makes it a valuable remedial agent in poisoning.

To Extinguish Fire in a chimney.—One of the simplest methods is to scatter a handful of flowers of sulphur over the dullest part of the burning coals, the mephitic vapors arising from which will not support combustion, and consequently extinguish the flames. Another method is to shut the doors and windows, and to stop up the bottom of the chimney with a piece of wet carpet or blanket, throwing a little water or flowers of sulphur, or salt, on the fire immediately before doing so. By this means the draught is stopped, and the burning soot must be extinguished for want of air. If the chimney be stopped at the top, instead of the bottom, the whole of the smoke must, of course, be driven into the apartment. If every fireplace were provided with a damper, or shutter of sheet-iron or tin plate, sufficiently large to choke it thoroughly, fires in chimneys would become of little consequence, as it would only be necessary to apply this damper to put them out.

To make Bread without Flour.—A Frenchman named Sezille has discovered a method of making bread from unground wheat, without first grinding and bolting it into flour. The making of bread by this new system is a three-fold process—namely, washing the wheat, fermentation, and the final admixture and flavoring. The grain is put in a vessel, covered with water, and stirred until the lighter grains and extraneous particles are either dissolved or left floating on the surface. The mass is then freed from the water, and put into a cylinder, like a nutmeg-grater, whose revolutions remove the outer skin of the grain. This is all that is really necessary to remove. Next, the wheat thus cleansed is immersed in twice its own weight of water, heated to 75°, to which has been added 1 part of half-dry yeast, and 5 or 6 oz. of glucose to 200 parts of water. A days exposure to this bath secures the necessary degree of absorption and fermentation, and the color will also have been extracted from exterior surface of the grain. The water being then removed, the wheat will be not far from white in color. Next the stiffened mass is put through rollers, which mash it into a glutinous pulp, and mix regularly through the whole bulk all the remaining particles of skin or bran. The dough—for such it now is—is then put into a trough, flavored with salt which has been dissolved in water, and given an opportunity to absorb more water if necessary, and then thoroughly kneaded by hand. Nothing, now, is needed but to treat it just as flour-dough is treated, and, when sufficiently light, hand it over to the oven. It is claimed that by this process the eater secures the entire nutriment of the wheat, and that it produces $\frac{1}{3}$ more bread than under the present system. It is probable that the bread thus made will lack that whiteness which is so much sought after by modest housewives, but then the result will be most

nutritious. Owing, however, to the time consumed in preparing the grain for the oven, it is not likely that this new process will for some time to come supersede the old fashioned method of setting a sponge over-night for the next day's baking.

To Mend Crockery Ware.—Wash the vessel gently and thoroughly with soap and water and let it dry without wiping. The pieces should then be fitted together as soon as possible, and kept in their places by winding firmly over the bowl or dish a strong thread, or a piece of twine; put the broken article into a boiler, an inch or two larger each way, and fill them both with sweet, cold, skimmed milk; set the boiler over the fire, and boil for ten or fifteen minutes; take it off, and let it stand till quite cold, when the string, or twine, may be cut, and the article washed in warm water.

To prevent Lamp Chimnéys Breaking.—To prevent lamp glasses breaking by the sudden contact with heat, the best way is to cut or scratch the base of the glass with a glazier's diamond. Another method is to put the glasses into a saucepan of water and boil them. This seasons them.

To prevent Lamps Smoking.—Soak the wick in strong vinegar, and dry it well before you use it; it will then burn both sweet and pleasant, and gives much satisfaction for the trifling trouble taken in preparing it.

To Remove Iron Rust.—Every particle of rust on iron may be removed by first softening it with petroleum, and, then rubbing well with coarse sand-paper. To paint iron, take lamp-black sufficient for two coats, and mix with equal quantities of Japan varnish and boiled linseed oil.

To preserve Clothing and Furs from Moths.—1. Procure shavings of cedar-wood, and enclose in muslin bags, which should be distributed freely among the clothes.—2. Procure shavings of camphor-wood, and enlose in bags.—3. Sprinkle pimento (allspice) berries among the clothes.—4. Sprinkle the clothes with the seeds of the musk plant.—5. An ounce of gum camphor and one of the powdered shell of red pepper are macerated in 8 ounces of strong alcohol for several days, then strained. With this tincture the furs or clothes are sprinkled over, and rolled up in sheets.—6. Carefully shake and brush woollens early in the spring, so as to be certain that no eggs are in them; then sew them up in cotton or linen wrappers, putting a piece of camphor gum, tied up in a bit of muslin, into each bundle, or into the chests and closets where the articles are to lie. No moth will approach while the smell of the camphor continues. When the gum is evaporated, it must be renewed. Enclose them in a moth-proof box with camphor no matter whether made of white

paper or white pine, before any eggs are laid on them by early spring moths. The notion of having a trunk made of some particular kind of wood for this purpose, is nonsense. Furs or woollens, put away in spring time, before moth eggs are laid, into boxes, trunks, drawers, or closets even, where moths cannot enter, will be safe from the ravages of mothworms, provided none were in them that were laid late in the autumn, for they are not of spontaneous production.

To Destroy House Flies.—House flies are present just in proportion to the dirt and uncleanness there is in a house. The cleaner the house and surrounding, the fewer flies there will be.—
1. They may be effectually destroyed by putting half a spoonful of black pepper in powder on a teaspoonful of brown sugar, and one teaspoonful of cream; mix them well together and place them in a room where the flies are troublesome, and they will soon disappear.—
2. The butchers of Geneva have, from time immemorial, prevented flies from approaching the meat which they expose for sale, by the use of laurel oil. This oil, the smell of which, although a little strong, is not very offensive, drives away flies; and they dare not come near the walls or the wainscots which have been rubbed with it.—
3. Flies are kept out of stables, (a place they propagate in great numbers) by using sawdust which is saturated with carbolic acid diluted—one part of acid to a hundred parts of water—the sawdust scattered about in stables keeps all flies away. A similar application of the acid ought to keep them from kitchens.

To kill Moths in Carpets.—Wring a coarse crash towel out of clear water, spread it smoothly on the carpet, iron it dry with a good hot iron, repeating the operation on all parts of the carpet suspected of being infested with moths. No need to press hard, and neither the pile nor color of the carpet will be injured, and the moths will be destroyed by the heat and steam.

To preserve Knives from Rust.—Never wrap them in woolen cloths. When they are not to be used for some time, have them made bright and perfectly dry; then take a soft rag, and rub each blade with dry wood ashes.—Wrap them closely in thick brown paper, and lay them in a drawer or dry closet. A set of elegant knives, used only on great occasions, were kept in this way for over a hundred years without a spot of rust.

To prevent Ivory Knife Handles from cracking.—Never let knife-blades stand in hot water, as is sometimes done to make them wash easily. The heat expands the steel which runs up into the handle a very little, and this cracks the ivory. Knife-handles should never lie in water. A handsome knife, or one used for cooking, is soon spoiled in this way.

To fasten Loose Knife Handles.—The best cement for this purpose consist of one pound of colophony (purchasable at the druggist's) and eight ounces of sulphur, which are to be melted together, and either kept in bars or reduced to powder. One part of the powder is to be mixed with half a part of iron filings, fine sand or brick dust, and the cavity of the handle is then to be filled with this mixture. The stem of the knife or fork is then firmly inserted and kept in position until the cement hardens.

To Clean and Brighten Matting and oil cloth.—Wash it twice during the summer with salt and water, say about a pint of salt, dissolved in half a pailful of warm, soft water, drying the matting quickly with a soft cloth. The salt will prevent it from turning yellow. Another plan is, after the oilcloth is scrubbed and dried, to rub it all over with a cloth dipped in milk. This will bring the colors out very bright.

To prevent Rust in Tea-kettles.—Keep an oyster-shell in your tea-kettle. By attracting the stony particles, to itself, it will prevent the formation of a crust.

To take Ink out of Boards.—Strong muriatic acid, or spirits of salt, applied with a piece of cloth; afterwards well washed with water.

Households Weights and Measures.—Wheat flour weighs one pound to a quart. Butter, when soft, one pound to a quart. Indian meal, one pound two ounces to a quart. Loaf sugar, broken, one pound to a quart. White sugar, powdered, one pound one ounce to a quart. Eggs, average size, ten to a pound.

To Remove Taste from New Wood.—New keg, churn, bucket, or other wooden vessel will generally communicate a disagreeable odor to anything that is put into it. To prevent this inconvenience first scald the vessel with boiling water, letting the water remain in it till cold. Then dissolve some pearlash or soda in lukewarm water, adding a little bit of lime to it, and wash the inside of the vessel well with the solution. Afterward scald it well with plain hot water, and rinse it with cold water before you use it.

Care of Canaries.—1. Especial care must be taken to keep the canary thoroughly clean. For this purpose the cage should be strewed every morning with clean sand, or rather, fine gravel, for small pebbles are absolutely essential to life and health in cage birds; fresh water must be given every day, both for drinking and bathing; the latter being in a shallow vessel; and, during the moulting season, a small bit of iron should be put into the water for drinking. The food of a canary should consist principally of summer rape seed, that is, of those small brown rape-seeds which are obtained from

plants sown in the spring, and which ripen during the summer; large and black rape-seeds, on the contrary, are produced by such plants as are sown in autumn, and reaped in spring. A little chickweed in spring, lettuce-leaves in summer, and endive in autumn, with slices of sweet apple in winter, may be safely given, but bread and sugar ought to be generally avoided. Occasionally also, a few poppy or canary seeds, and a small quantity of bruised hemp-seed may be added, but the last very sparingly. Cleanliness, simple food and fresh but not cold air are essential to the well-being of a canary. During the winter, the cage should never be hung in a room without a fire, but even then, when the air is mild, and the sun shines bright, the little prisoner will be refreshed by having the window open. The cage should never be less than eight inches in diameter, and a foot high, with perches at different heights.

To clean Paint.—Provide a plate with some of the best whiting to be had, and have ready some clean warm water and a piece of flannel, which dip into the water and squeeze nearly dry; then take as much whiting as will adhere to it, apply it to the painted surface, when a little rubbing will instantly remove any dirt or grease. After which wash well with clean water, rubbing it dry with soft flannels. Paint thus cleaned looks as well as when first laid on, without any injury to the most delicate colors. It is far better than using soap, and does not require more than half the time and labor.

To Destroy Cockroaches and Beetles.—1. Strew the roots of black hellebore, at night, in the places infested by these vermin, and they will be found in the morning dead, or dying. Black hellebore grows in marshy grounds, and may be had at the herb shops.—2. Put about a quart of water sweetened with molasses in a tin wash basin or smooth glazed china bowl. Set it at evening in a place frequented by bugs. Around the basin put an old piece of carpet that the bugs can have easy access to the top. They will go down in the water and stay till you come.—3. Take pulverized borax 4 parts, flour 1 part, mix intimately and distribute the mixture in cupboards which are frequented by the roaches, or blow it, by means of a bellows, into the holes or cracks that are infested by them.—4. By scattering a handful of fresh cucumber parings about the house.—5. Take carbonic acid and powdered camphor in equal parts; put them in a bottle; they will become fluid. With a painter's brush of the size called a sash-tool, put the mixture on the cracks or places where the roaches hide; they will come out at once. Then kill.—6. Mix up a quantity of fresh burned plaster of paris (gypsum, such as is used for making molds and ornaments) with wheat flour and a little sugar, distribute on shallow plates and box board, and place it in the corners of the kitchen and pantry, where they fre-

quent. In the darkness they will feast themselves on it. Whether it interferes with the digestion or not, is difficult to ascertain, but after three or four night renewal of the preparation, no cockroaches will be found on the premises.

Hints on Marketing.—The purchaser will do well to keep in view one or two simple rules. Whatever kind of provisions may be required, it is invariably the wisest course to deal with those tradespeople who have a large business, and who are known and respectable. It is the interest of such persons to supply their customers with the best articles, and for this purpose they themselves must go to the best markets. As a general rule they are under no temptation to overcharge their customers. Their success in business and their profit depend on the number of their retail transactions, and if the number be great, they are all the more able to supply the best articles, and to be content with the smallest profits on each individual sale. As an illustration of this it may be stated that, with very few exceptions, all commodities are dearer, as well of inferior quality, in shops in the suburbs than in those situated in places of the greatest concourse: the reason is that small dealers, who have comparatively few transactions, must necessarily make up for the defects of their business by obtaining large profits on individual sales, while, at the same time, they have little or no encouragement to obtain the best goods, and in many cases want of sufficient capital renders this impracticable. It will be usually found, however, that there is no economy in purchasing inferior articles. In butcher's meat, for examples, the best meat, and the best parts of the meat, although at first a little dearer, are in reality cheaper in the end.

To test Kerosene Oil.—The only reliable test is the temperature of the flashing point, that is, the temperature at which the petroleum takes fire when a burning match is applied to its surface. This test can be easily applied. Into a flat dish or saucer, pour the oil to be tried, until it is at least half an inch deep; then hold a burning match or paper near the surface. At the point of contact the combustion is often very lively, as the taper draws up some of the liquid, but if the petroleum be safe and free from naphtha, the flame does not spread over the surface. If the petroleum has been adulterated, as soon as the match touches the surface a blue lambent flame flashes across it, and in a few moments the body of the oil will be on fire. Such an oil is dangerous—liable to explode in lamps, and to give off inflammable vapors at all times. Any oil which takes fire when a match is held near its surface, and continues to burn ought to be condemned at once and thrown into the streets.

To Make Umbrellas last Long.—Most persons, when they come in from the rain, put their umbrellas in the rack with the

handle upward. They should put it downward; because when the handle is upward the water runs down inside to the place where the ribs are joined to the handle, and cannot get out, but stays rotting the cloth and rusting the metal until slowly dried away. The wire securing the ribs soon rusts and breaks. If placed the other end up, the water readily runs off, and the umbrella dries almost immediately.

To Remove Grease spots.—Take benzine, 20 ounces; alcohol (strong), 5 ounces; ether, 2 drachms; ammonia, 1 drachm.—2. (*Faville water.*) Take bleaching powder, 1 ounce; carbonate of potassa, 1 ounce; water, 33 ounces. Triturate the bleaching powder in the cold with 25 ounces of water, then add the carbonate of potassa, previously dissolved in the rest of the water, shake well and let it settle. The supernatant liquor is filtered, if necessary, and mixed with one ounce of hydrochloric acid, when it is ready for use.

To Banish and Destroy Ants.—1. Perfect cleanliness.—2. Pulverized borax sprinkled in places they frequent.—3. A few leaves of green worm-wood, scattered among their haunts.—4. The use of camphor.—5. A sponge can be sprinkled with sugar and laid upon shelves when ants are numerous; the next morning plunge quickly into boiling water, and most of the intruders will be destroyed.—6. Carbolic acid wiped around the edges of the shelves and wherever they seem to come from.

To Exterminate Bed-Bugs.—1. Perfect cleanliness. No bed-bugs or other vermin will infest a house, the mistress of which is of orderly and cleanly habits, and fine tastes.—2. Two ounces of red arsenic, a $\frac{1}{4}$ of a pound of white soap, $\frac{1}{2}$ an ounce of camphor dissolved in a teaspoonful of spirits rectified, made into a paste of the consistency of cream. Place this mixture in the openings and cracks of the beadstead.—3. Where bed-bugs are present the best, quickest and handiest exterminator is kerosene or crude petroleum oil, drenching all parts of the article of furniture thoroughly and effectively.

To get Rid of Fleas.—Much of the largest number of fleas are brought into our family circles by pet dogs and cats. The oil of pennyroyal will drive these insects off; but a cheaper method, where the herb flourishes, is to throw your cats and dogs into a decoction of it once a week. When the herb cannot be got, the oil can be procured. In this case, saturate strings with it and tie them around the necks of dogs and cats. These applications should be repeated every twelve or fifteen days. Mint, freshly cut, and hung round a beadstead, or on the furniture, will prevent annoyance from bed insects; a few drops of essential oil of lavender will be more efficacious.

To Prevent Mould in Ink.—The microscope has revealed the fact that mould is a plant, propagated like other plants; and any thing that will kill vegetation will prevent ink or any other mould. The common remedies applied for this purpose are, creosote, carbolic acid, oil of cloves, bergamot, or many other ethereal oils, acetic acid, alcohol, corrosive sublimate, arsenic, etc.; but always added in comparatively small quantities.

How to Lay Carpets.—Cover the floor with thick brown paper, which is sold in large rolls for the purpose; have the carpet properly fitted, and, on the binding of the edges, sew at regular distances small brass rings in such a manner that when the carpet is laid they will not appear beyond the edges. Round the side of the room drive medium-sized brass-headed nails, at the same distances from each other as the rings are sewed on the carpet; when ready, begin at the top of the room and hook the rings over the brass-headed nails, which must be driven into the floor far enough to admit of the rings catching a firm hold. When the top is hooked on, stretch the carpet to the opposite side and hook *it* on, then fasten the sides in like manner. This is much less troublesome and is more economical than nailing down carpets.

To make Stair Carpets Last.—Slips of paper should always be placed over the edges of the stairs, under the carpet. This will diminish the friction between the carpet and the boards underneath it. The strips should be in length within an inch or two of the width of the carpet, and four or five inches in breadth, as convenient. This simple expedient will preserve the carpet half as long again as it would last without the strips.

To prevent Flies from Injuring Picture Frames.—Boil three or four onions in a pint of water: then with a gilding brush do over your glasses and frames, and the flies will not alight on the article so washed. This may be used without apprehension, as it will not do the least injury to the frames.

How to clean Tin.—Never use lye to clean tin, it will soon spoil it. Make it clean with suds, and rub it with whiting, and it will look well, and last much longer.

How to mend Tin Pans.—This can be done quickly and easily by the use of putty, and is much better than to throw them away. Put it on the outside; let it dry thoroughly, and they will never need mending in the same place again.

To Remove Stains from Books.—To remove ink stains from a book, first wash the paper with warm water, using a camel's hair brush for the purpose. By this means the surface ink is got rid of; the paper must now be wet with a solution of oxalate of

potash, or, better still, oxalic acid in the proportion of one ounce to half a pint of water. The ink stains will immediately disappear. Finally, again wash the stained place with clean water, and dry it with white blotting paper.

To clean Marble.—1. Brush the dust off the piece to be cleaned, then apply with a brush a good coat of gum arabic, about the consistency of a thick office mucilage, expose it to the sun or dry wind, or both. In a short time it will crack and peel off. If all the gum should not peel off, wash it with clean water and a clean cloth. Of course, if the first application does not have desired effect, it should be applied again.—2. Make a paste with soft soap and whiting. Wash the marble first with it, and then leave a coat of the paste upon it for two or three days. Afterwards wash off with warm (not hot) water and soap.—3. Chalk (in fine powder), 1 part; pumice, 1 part; common soda, 2 parts. Mix. Wash the spots with this powder, mixed with a little water, then clean the whole of the stone, and wash off with soap and water.

To clean Silver Ornaments.—Boil them in soap and water for five minutes; then put them in a basin with the same hot soap and water, and scrub them gently with a very soft brush while hot; then rinse and dry with a linen rag. Heat a piece of common unglazed earthen ware, or a piece of brick or tile in the fire; take it off, and place the ornaments upon it for the purpose of drying them, and causing every particle of moisture to evaporate; as the moisture, which otherwise would remain on the silver, will cause it to tarnish, or assume a greenish hue. All ornaments, whether gold or silver, can be kept from tarnishing if they are carefully covered from the air in boxwood sawdust, which will also dry them after being washed.

To prevent Boots squeaking.—Squeaking boots and shoes are a great annoyance, especially in entering a sick room, or a church after the service has commenced. To remedy it, boil linseed oil and saturate the soles with the same.

House cleaning.—In cleaning a room, the carpet should come up first, not only because of the dust, but to give the floor all day to dry, not leaving it to be scrubbed last, as we have seen some bad managers do, and pay for it by influenzas. Where the walls are papered, they should next be swept with a clean towel pinned firmly round a broom, if there is not a brush kept for the purpose. The ceilings of chambers are usually whitewashed; this is the next proceeding; and the walls scrubbed, if painted or hard finished. Then come windows and wood-work, in all things being careful to use as little slop as will thoroughly answer the purpose. In cleaning wood-work, use little soap, but plenty of clean water, which will prevent discoloration. If dirty spots and patches

are wiped off the year round, faithfully, there will be much less need of scrubbing the boards bare in "house cleaning."

To Scour Floors.—Take some clean, well-sifted sand, scatter it on the floor, have ready one ounce of potash dissolved in a pint of water, sprinkle it over the sand, and with a scrubbing brush and good mottled soap rub the boards along their length. Changing the water frequently and using it very hot, make the boards white; the potash, if properly applied, will remove all stains.

To clean Looking Glasses.—Take a newspaper, or part of one, according to the size of the glass. Fold it small, and dip it into a basin of clean cold water; when thoroughly wet, squeeze it out in your hand as you would a sponge, and then rub it hard all over the face of the glass, taking care that it is not so wet as to run down in streams. In fact, the paper must only be complete moistened, or damped all through. After the glass has been well rubbed with a wet paper, let it rest a few minutes, and then go over it with a fresh dry newspaper (folded small in your hand) till it looks clear and bright—which it will almost immediately, and with no further trouble. This method, simple as it is, is the best and most expeditious for cleaning mirrors, and it will be found so on trial—giving it a clearness and polish that can be produced by no other process. It is equally convenient, speedy, and effective. The inside of the window frames may be cleaned in this manner to look beautifully clear; the windows being first washed on the outside.

How to wash Graining.—Take clear warm water, a clean, white cloth, and wash a small place and wipe dry with another clean white cloth. Do not wet any more space than you can dry immediately with your cloth as it must not be left to dry in the atmosphere; it must be rubbed dry, hence the necessity for clean white cloths. If the paint has been neglected until very much soiled with greasy fingers, or specked with a summers growth of flies, a very little hard soap may be put in the first water, and then rinsed off with clear water, but avoid soap if you possibly can, as it dulls the varnish, however carefully used. On no account must it be rubbed on with a cloth.

To prepare Sheep Skin for Mats.—Make a strong lather with hot water, and let it stand till cold; wash the fresh skin in it, carefully squeezing out all the dirt, from the wool; wash it in cold water till all the soap is taken out. Dissolve a pound each of salt and alum in two gallons of hot water, and put the skin into a tub sufficient to cover it; let it soak for twelve hours and hang it over a pole to drain. When well drained, stretch it carefully on a board to dry, and stretch several times while drying. Before it is quite dry, sprinkle on the flesh side one ounce each of finely pulverized alum

and salpetre, rubbing it in well. Try if the wool be firm on the skin; if not, let it remain a day or two, then rub again with alum; fold the flesh sides together and hang in the shade for two or three days, turning them over each day till quite dry. Scrape the flesh side with a blunt knife, and rub it with pumice or rotten stone.

How to choose a House in Renting.—The choice of a house is in importance second only to the selection of a friend. The best residence is one which is not inconveniently distant from your place of business—is in a cheerful and healthy locality, and of which the rent, including rates, and taxes, does not exceed one-sixth of your income. Do not choose a neighborhood merely because it is fashionable, and carefully avoid occupying a dwelling in a locality of doubtful reputation. Be particular as to whether it is dry, with convenient sewage and plenty of water. A southern or western aspect is to be preferred. Should the house be infested with vermin avoid it. See that the windows and doors are well secured, that there are proper means of ventilation, and that the chimneys do not smoke. Let all needful repairs be made by the landlord before the completion of your agreement, otherwise you will probably be required to execute them at your own expense. Do not deal with a landlord who is commonly reputed as being disobliging, greedy, or litigious. In every case have a lease properly drawn out and stamped. Avoid the neighborhood of a sluggish stream, a mill-dam, or fresh-water Lake. The penalties are rheumatism, ague, impaired eyesight, loss of appetite, asthma and other distressing ailments. Choose a house away from the vicinity of tan-yards, and tallow, soap, and chemical works. The neighborhood of old and crowded burial-grounds and of slaughterhouses is to be shunned. A low situation is perilous, especially, during the prevalence of epidemics. Never lease a house in a narrow street, unless the back premises are open and extensive. Before closing your bargain try to obtain some account of the house from a former occupant.

Caution in visiting Sick-Room.—Never venture into a sick-room in a violent perspiration (if circumstances require a continuance there for any time), for the moment the body becomes cold, it is in a state likely to absorb the infection, and receive the disease. Nor visit a sick person (especially if the complaint be of a contagious nature), with an empty stomach; as this disposes the system more readily to receive the infection. In attending a sick person, stand where the air passes from the door or window to the bed of the diseased, not betwixt the diseased person and any fire that is in the room, as the heat of the fire will draw the infectious vapor in that direction, and much danger would arise from breathing in it. Do not enter the room the first thing in the morning before it has been

aired; and when you come away, take some food, change your clothing immediately, and expose the latter to the air for some days.

To soften Putty when hard.—Break the putty in lumps of the size of a hen's egg, add a small portion of linseed oil, and water sufficient to cover the putty; boil this in an iron vessel for about ten minutes, and stir it when hot. The oil will mix with the putty. Then pour the water off, and it will be like fresh made. For removing hard putty from a window-sash, take a square piece of iron, make the same red hot, and run it along the putty till it gets soft. The putty will peel off without injuring the wood work. Concentrated lye, made of lime and alkali, will effect the wood and make it rot quicker.

To clean Glass Globes.—If the globes are much stained on the outside by smoke, soak them in tolerable hot water with a little washing soda, dissolved in it, then put a teaspoonful of powdered ammonia into a pan of lukewarm water, and with a tolerably hard brush wash the globes till the smoke stain disappears; rinse in clean cold water, and let them drain till dry; they will be quite as white and clear as new globes.

To Remove Grease from Stones, Steps or Passages.—Pour strong soda and water boiling hot over the spot, lay on it a little fuller's-earth made into a thin paste with boiling water, let it remain all night, and if the grease be not removed, repeat the process. Grease is sometimes taken out by rubbing the spot with a hard stone (not hearthstone), using sand and very hot water with soap and soda.

To make Cider Vinegar.—1. The most profitable return from such apples as are made into cider is the further transformation of the juice into vinegar. To do this, the barrels should be completely filled, so that all impurities that "working"—fermenting—throws off will be ejected through the bung-hole. This process should be completed before the barrel is put in the cellar, and when this is done, the purified juice should be drawn out of the original cask and put into others where there is a small amount of old vinegar, which will amazingly hasten the desired result. If no vinegar can be obtained to "start" the cider, it must remain in a dry cellar six months, and perhaps a year (the longer the better), before it will be fit for the table.

To make Wicks for Candles.—Of late years the best candles are made in such manner that they do not require snuffing. The simplest way of effecting this is to make the wick with one strand of loosely twisted cotton, which will become slightly stretched when the wick is placed in the candle, but will contract again on its burning, removing the force that kept it extended. If this roving be

placed at the outside of the wick, it is evident that when it contracts, it will pull the latter into a curved shape, and thus expose its upper part to the outer portion of the flame, as will be consumed with sufficient rapidity to prevent the necessity of using the snuffers. The same may be effected by placing the candle at an angle of about 45° , by which means the upper part of the wick will be out of the flame; but this plan, besides being unsightly, is liable to the risk of the tallow, dropping beyond the candle-stick. Platted wicks, so arranged that one portion shall be stretched more than another, have long been adopted for the same purpose.

To make Soap by the Cold way.—The fat is melted at a low heat, not warmer than blood heat, and the lye gradually added—40 lbs. of strong lye (about 36° , Beaumé) to 80 lbs. of fat, and less, even should the lye be stronger still. The lye should be perfectly clear, and no more than tepid in temperature. The fat and the lye should be persistently stirred with a board or wooden spatula, having sharp edges at its lower end, and rounded at its upper, for easy handling. The paddling should be kept up until a ring drawn with the spatula remains visible a short time. It is at that point that the coloring matters and perfumes are added, if any are wanted. The parts should then be run into frames, previously lined with muslin so carefully that no folds be formed at the edges of the box. Each frame should be entirely filled with the soap, and well closed, with the margin of the muslin, and also fitted with a modern cover. The whole should be left for about one day to rest in a mild temperature, the complete change or saponification completing itself in the frames, where the temperature rises spontaneously to sometimes over 175° F. Under the influence of this action the various constituent principles in the mass, including the glycerine, become further combined, and a soap produced almost resembling that of boiled soaps. At the expiration of twenty-four hours the soap may be taken up from the frames, and cut up in bars to dry. Sometimes, especially when mutton tallow is mostly employed with soda for the lye, one-tenth of potash is added, to diminish the hardness of the soap; at the same time it increases its solubility and quality, the soap resulting from that addition not being brittle when dry, as it would be when exclusively made of hard tallow and soda lye. The yield of such soap is about 150 lbs. to 100 lbs. of fat.

Washing Fluids.—1. Take one pound of sal soda and half a pound of unslaked lime, put them into a gallon of water and boil twenty minutes; let it stand till cool, then drain off and put into a strong jar or jug; soak your dirty clothes over night, or until they are wet through, then wring them out and rub on plenty of soap, and in one boiler of clothes, well covered with water, add one tea-

cupful of fluid; boil half an hour briskly, and then wash them thoroughly through one suds, rinse, and your clothes will look better than the old way of washing twice before boiling.—2. Five pounds of sal soda, one pound of borax, one pound of unslaked lime. Dissolve the soda and borax in one gallon of boiling water; slake the lime in the same quantity of boiling water; then pour them both into eight gallons of cold water; stir a few times and let it stand until morning, when the clear fluid should be poured off into jars, ready for use. For two pails full of water use half a pint of the compound. Soak your clothes over night, putting soap on the soiled parts. In the morning wring them out and put them on to boil, first putting some of the fluid and soap into the boiler. After boiling ten or twelve minutes, take them out into your machine or tub and the dirt will rub right off; then rinse well in two waters.—3. One and one quarter pound of washing soda, $\frac{1}{4}$ pound borax, and dissolve in 4 quarts of water by boiling. When the mixture is cold add about one half a teacupfull of water of ammonia (hartshorn), and bottle for use, taking care to keep the fluid corked from the air. For use take a cupful to a pailful of water.—4. Sal soda and borax, $\frac{1}{4}$ lb. each; gum camphor, 1 oz.; alcohol, $\frac{1}{2}$ pint. Dissolve the soda and borax in one gallon of boiling rain water, pour in two gallons of cold rain water, add the camphor first dissolved in the alcohol, stir well and bottle for use. Four tablespoonfuls of the preparation are to be mixed with a pint of soft soap, and the clothes boiled in a suds made of this. It is all the better if the clothes are soaked over night, before putting them into the suds.—5. Soak your clothes over night in a clear, cold water; in the morning have over the fire what water is necessary to boil them in, add one tablespoonful of saleratus, one pint of soft soap, or one quarter of a bar of hard soap, wring or drain your clothes from the water in which they have stood over night, put them in your boiler, boil three quarters of an hour, when they will need but little rubbing, rinse, and your clothes will be beautifully white. Your suds will be excellent for washing colored clothing of all kinds, as it does not injure the nicest prints. One pound of saleratus will do twenty washings for any common family.

Care of Beds.—The care of beds is not understood, even by some good housewives; when a bed is freshly made it often smells strong. Constant airing will, if the feathers are good, and only new, remove the scent. A bed in constant use should be invariably beaten and shaken up daily, to enable the feathers to renew their elasticity. It should lie, after it is shaken up, for two or three hours in a well-ventilated room. If the bed is in a room which cannot be spared so long, it should be put out to air two full days of the week. In airing beds the sun should not shine directly upon them. It is

air, not heat, which they need. We have seen beds lying on a roof where the direct and reflected rays of the sun had full power, and the feathers, without doubt, were stewing, and the oil in the quill becoming rancid, so that the bed smells worse after airing than before. Always air beds in the shade on cool and windy days. Featherbeds should be opened every three or four years, the ticks washed, the seams soaped and waxed, and the feathers renovated. Feathers were never intended for human beings to sleep on. They are always without exception debilitating. Straw, corn husks, compressed sponge, or curled hair, should always be used in preference.

To choose Carpets.—The carpet ought to assimilate with the style of the paperhangings, but the quality of the material must depend on the capability of the purchaser's pocket. In carpets, as in many other things, the dearest articles are generally the cheapest in the end. In illustration of this we may state the carpet in our dining-room cost—a yard, and although it has been in daily use for four years it looks as well as ever. For dining and drawing rooms Brussels carpets are the best. If the room are small choose small patterns with few colors, or of a pattern formed of shades of the same color as the ground, such as a green carpet with mosses or small ferns in various shades of green, or a carpet with an indistinct pattern of ribbons or arabesques of a small size. When there is nothing very decided to attract the eye, the defects of wear are not so obvious. Stair carpets are also best of Brussels make; crimson wears longest; they must be of a pattern that will admit of being turned upside down, as it is a good plan frequently to change the position of the carpet, that the edge of each step may not always come in the same spot, which would soon wear the fabric. A small gay pattern of crimson or oak colors wears best; avoid blues or lilacs or shades of stone colors: the two former fade quickly, and the latter always looks dirty.

Mopping and Cleaning Floors.—The practice of mopping floors too often, is a loss of time, and a waste of strength, and is as inconsistent with reason, as the habit of blacking cooking stoves every time they are used; and I am not sure but wet floors are as detrimental to health as the dust sent forth by the too frequent use of the common stove blacking. Mopping painted floors too often, and with hot soapsuds, wears off the paint, causing needless expense of both time and money. It is difficult to say, how often a painted, or an unpainted floor should be washed, for that depends on circumstances; but it requires that the cloth, mop and water, should, be as clean as a supply of the latter will admit, and the floor wiped as dry as possible; and that every corner, and other retired spots,

under beds, bureaus, or any other article which may be in the apartments, should have a fair chance to partake of the cleansing.

To keep Silver Bright.—For the preservation of the luster of articles of silver or plated ware, when not needed for actual use for a considerable time, a coating of collodion (to be had at the drug store), may be employed to great advantage. The articles are to be heated, and the collodion then carefully applied by means of a brush, so as to cover the surface thoroughly and uniformly. It is used most conveniently when diluted with alcohol, as for photographic purposes. Articles thus prepared exhibit no trace whatever of their covering, and have stood for more than a year in shop windows and in dwellings, retaining their white luster and color, while other pieces not thus prepared became seriously tarnished.

To clean Knives.—1. Cut a good-sized solid, raw potato in two; dip the flat surface in powdered brick-dust, and rub the knife-blades. Stains and rust will disappear.—2. One of the best substances for cleaning knives and forks is charcoal, reduced to a fine powder, and applied in the same manner as brick-dust is used.—3. Water lime is also used for this purpose. Have a box with a partition and keep the lime in one part and the cloths in the other. Wet a small cloth a little and dip it in the lime, and after the articles are well washed and wiped, rub them until the spots are removed. Then take a larger, dry cloth, dip it in the lime, and rub the articles until polished to suit. Wipe off the dust from the knives and forks with a dry cloth, and they are ready to put away.

How to test Water.—Mechanical impurities in water are removed only by filtration; chemical impurities cannot be removed in this manner. If lime is supposed to be present in water, the best test is to mix with it a small quantity of oxalic acid in a small vessel; lime, if present, will be revealed in a white precipitate. Carbonate of iron is best detected by the tincture of galls, which produces a black precipitate. If the penknife, dipped in water, assumes a yellowish coating, copper is present. The best method of detecting the presence of vegetable and animal matter is by dropping into it a small quantity of sulphuric acid; the water becomes black.

To mend china and Glassware.—A useful cement is produced by powdered chalk and white of egg. A mixture of equal parts of white of egg, white lead, and glue forms a strong cement; or take a very thick solution of gum arabic in water, and stir into it plaster of Paris until the mixture becomes a viscous paste. Apply it with a brush to the fractured edges, and stick them together. In three days the article cannot again be broken in the same place.

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THE SCIENCE OF A NEW LIFE,

By JOHN COWAN, M. D.



THINKING and reflecting persons must allow that we as men and women are just as our parents made us. That all our irregularities of mind and disposition, our infirmities of soul and body, have been transmitted and bequeathed to us by those who gave us birth; and that one of the objects in living on this earth is—in those who live rightly—to overcome the crooked and bad that we were endowed with. This being so, any information that throws light on this immensely important subject should be welcomed with unbounded delight. This “The Science of a New Life” professes to do—in a plain, understandable manner—with great earnestness of purpose, with undoubted purity of motive, with a spirit that breathes a reverence for God’s greatest handiwork—man, indicating how, by and through the observance of given laws, a clean, sweet, healthy and talented reproduction may result, and perfection on this earth therefore be possible of attainment. It also gives all necessary suggestions in the right choosing of husbands and wives, so that harmony and happiness will result, and discord and divorces be avoided.

Especially does it advocate and encourage in man and woman continence, purity of thought and association, and all that socially ennobles and elevates—leading the soul out of the filth and slough of sensuality *up* into the charmed and lovable atmosphere that encircles those who are chaste and pure in thought, word, and deed.

Altogether it aims in a systematic manner to cover the whole ground of human social life bounded by the entrance into the marriage state and the birth of a new life—with the intermediate results of wrong-doing, and their indications, causes, and remedies.

Some people look with distrust on all that concerns the intimate social relations of the sexes, as knowledge that is dangerous and contaminating, that should be hid away in dark corners, or entirely excommunicated, abolished, or destroyed. Such thoughts and desires spring altogether from a wrong and misdirected education, instilling in the mind of the individual views and opinions that are narrow, contracted and unfair. That a knowledge of the whole of that part of human physiology that treats of the intimate social relations of the sexes can injure or in any way degrade the thought, the mind, the body, or the soul of the individual, would be a sad reflection on God’s loving justice and mercy.

This book has most approvingly been noticed by divines of all denominations, physicians, and by over three hundred of the most prominent and influential papers of the country. Some—only a very few—of these notices, or rather short extracts from them will be found on the pages following the Table of Contents, to which the reader is referred. These notices do not include the scores of letters received from the PEOPLE, whose great sympathetic hearts beat in response to the high aims and noble purposes inculcated in the book.

TABLE OF CONTENTS.

CHAPTER I.—MARRIAGE AND ITS ADVANTAGES.

Men who are unmarried—Reasons advanced for remaining single—Marriage a natural condition of adult life—The great desires and aims of life, how only to be secured through marriage—OBJECTS IN MARRYING—False objects—How mistakes are made in choosing—Should those afflicted with consumption and other diseases marry?—The great wrong done in this direction—The true and only objects in marrying, 25-29

CHAPTER II.—AGE AT WHICH TO MARRY.

How determined—Puberty, how accelerated, how retarded—The error in fixing the popular age for marriage—The true age at which to marry as determined by physiology—Why children born of early marriages are undesirable—The effect of early marriage on the woman—On the man—The result of unions between persons of disproportionate ages—Between old men and young women, 30-35

CHAPTER III.—THE LAW OF CHOICE.

Its great importance—It is as easily understood and as applicable as any other law that governs mind and matter—Mode of forming matrimonial alliances among the Assyrians—Chinese—Moors—Turks—Tartars—Siberians—The custom of purchasing wives—Modern marriages analyzed—The ve-

COWAN & COMPANY'S CATALOGUE OF NEW BOOKS.

THE SCIENCE OF A NEW LIFE—CONTENTS CONTINUED.

ery-day result—The choosing a wife and purchasing a farm compared—Wherein consists the difference—The great error made in choosing—The only true mode—Resulting in a harmonious and perfect love-union—Phrenology as a guide in choosing, 36—44

CHAPTER IV.—LOVE ANALYZED.

1. Love, as popularly used, a requirement in choosing a wife or husband?—Poets and novelists on love—The mistiness surrounding the true meaning of the word—The mistakes made in its application—Characteristics of mock love—Rationale of true love—The definition of perfect sexual love—Parental love—Brotherly and sisterly love—Love of God—Reciprocity of thought and feeling as a requirement in love—Love at first sight—Can perfect love exist?—Health and purity of body as a requirement to its existence—Sickness and filthy habits as a bar to its existence, 45—50

CHAPTER V.—QUALITIES THE MAN SHOULD AVOID IN CHOOSING.

Transmitted disease—Hysterical women—Small waists—Why their possessors are incapable of making good wives—Natural waists, or no wives—Why large men should not marry small women—Ignorant and wrongly educated—Strong-minded women—Modern accomplishments, their utter uselessness in married life—Knowledge of household affairs a requisite in all women who marry—Skin-deep beauty and true beauty compared—Extravagance of dress and ornament—False hair, false "forms," etc.—Women who are indolent and lazy—Marriage of cousins, right or wrong?—Extracts from the works of Drs. Carpenter and Voisin—The author's opinion and advice on the subject—Temperaments—Widows—Divorced women—Difference in religious faith—Women who have a greater fondness for balls, parties and gossip, than for home associations—Other qualities that are to be avoided—How and when to see women to learn their characteristics—Phrenology as a help—What should be done on choosing and being accepted—Advertising for a wife—Arguments favoring its use—Mode to proceed—Objections considered, 51—63

CHAPTER VI.—QUALITIES THE WOMAN SHOULD AVOID IN CHOOSING.

The feverish desire of women to get married—Indications of the result—Who responsible—Perfect womanhood should be reached before the thought of marriage is entertained—Sickness and ill health in the man—Men possessing the disgusting habit of using tobacco, and the degrading one of using alcoholic liquors, should be avoided—Why?—An unsolved mystery—Lustful and licentious men—Are moderate drinkers desirable as husbands?—The "fast" man and "rake," and woman's shame in recognizing such—Fallen women, and woman's duty to such—Effeminate men—Men having no visible means of support—Blood-relations—Widowers—Divorced men—Irrreligious and profane men—Gamblers—Mean men—Lazy men—Marrying strangers on short acquaintance—Marrying for money or a home—Woman, in being sought after, should appear only in her every-day character—The importance of this as affecting her future welfare—Should women be allowed to advertise for husbands?—Doubts on the subject—If attempted, how to avoid evil results—Failing an offer of marriage, what then?—"Old" maids—Words of consolation and cheer to unmarried women, 64—73

CHAPTER VII.—THE ANATOMY AND PHYSIOLOGY OF GENERATION IN WOMAN.

The importance of a knowledge of reproductive physiology in all who think of marrying—The uterus—Ligaments—Cavity of the uterus—Structure—Fallopian tubes—Ovaries—Their structure—Graffian follicles—Ovum, or egg—Size and formation of human egg—How it ripens and is thrown off—The corpus luteum—The febrile excitement produced by the ripening of the Graffian vesicle and escape of the egg—The vagina—Labia—Hymen—Menstruation—When it first appears and when it ceases—Its origin and nature—Ovarian pregnancy—Tubal pregnancy—The mammary glands—Nipples—The secretion of milk—Colestrum, 74—86

CHAPTER VIII.—THE ANATOMY AND PHYSIOLOGY OF GENERATION IN MAN.

Prostate gland—Cowper glands—Testes—Scrotum—Structure of the testes—Vasa recta—Vasa deferens—Spermatic cord—Vesiculæ seminales—Ejaculatory ducts—Semen—Its nature, how it originates, and how perfected—Spermatozoa—Effect of first appearance of semen in boy—Effect of its re-absorption in the continent man—THE LAW OF SEX—Is there a law governing the production of children of different sexes at will?—Different theories on the subject—The latest theory probably the right one—Mode of procedure, as given by the discoverer, for parents to generate male or female children at will, 87—104

CHAPTER IX.—AMATIVENESS—ITS USE AND ABUSE.

The cerebellum—Its two-fold nature—Amativeness—Its size in proportion to rest of brain—Its location—The higher the organ of the brain, the greater the pleasure derived from its exercise—The nervous fluid—Where originated—The effect when largely drawn on by amativeness—Sensuality—Its universality among all classes and all ages—The effect on amative desires by the observance of right and wrong dietetic habits—Causes of abnormal amative desires in women—The results of the abuse of amativeness—The effect on the nervous system—The semen, capable of giving life, is, when reabsorbed, capable of renewing life—Promiscuous indulgence—Risks incurred—A sad case—Hospital sights—Excessive indulgence between the married—The slave-life of the wife in this direction—The results—Amative excesses in those newly married—No pure love where there is sexual excess—Disgust, not love, born of this great wrong—Easily read signs of sexual excess in the man and woman—The great necessity for a reformation in this direction, 105—123

CHAPTER X.—THE PREVENTION OF CONCEPTION.

The true reason of the desire for knowledge on this subject—Mode adopted by the "Perfectionists"—Its difficulty of observance—Its harmfulness—The method advocated by latter-day physiologists, founded on the theory of the monthly arrival at and departure from the womb of the ovum—Wherein it fails—Intercourse during lactation—How it results in conception—Other methods of conception, and the

COWAN & COMPANY'S CATALOGUE OF NEW BOOKS.

THE SCIENCE OF A NEW LIFE—CONTENTS CONTINUED.

harm they do—The only true method of prevention as ordained by God—The observance of which carries with it no bad after-effects, 121—123

CHAPTER XI.—THE LAW OF CONTINENCE.

Its great importance—The prevailing ignorance on the subject—Definition of the word continence—How often is the sexual act permissible between a man and wife living a pure and chaste life—The only true solution being God's divine law in this direction—The only natural time for intercourse—Anything differing from this carries with it sin and sickness—Some objections to a continent life considered—Locke, Newton and Pitt, men who never married, and who were known to live continent lives—The elementary differences between a life of licentiousness and a life of strict continence—The true use of the reproductive element—The difficulty in adopting and living a continent life—Rules for guidance—The reaction produced by a sudden arrest of sexual excess and the use of alcoholic liquors compared and explained—Health not compatible with seminal emissions—PLAN OF LIFE—Tobacco—Alcoholic liquors—Gluttony—Food to be used and avoided—Dread—Dress—Exercise—Beds and sleeping rooms—Hours for rest and exercise—Habits—Employment—Choice of companions—Training of the will-power—Drugs and patent medicines—Quack doctors—Cultivation of the religious sentiments, 129—130

CHAPTER XII.—CHILDREN, THEIR DESIRABILITY.

An essential requisite in a perfect union that parental love be present—The command to "increase and multiply"—Why children are troublesome to rear—The remedy—Small families and no families among the married on the increase—Large families a thing of the past—The cause for the growing antipathy to have children—Beauty and youth retained, if not acquired, by having children under right conditions—The loneliness and desolation of life without children—The bearing and rearing of children a glorious privilege—The perfection of love and happiness that comes of generating bright and beautiful children—Abdon, Judge of Israel, with his forty sons and thirty grandchildren—Increase of offspring and overcrowded populations, 131—134

CHAPTER XIII.—THE LAW OF GENIUS.

Plainness and mediocrity among mankind the rule, and beauty and genius the exception—The cause—Educational and benevolent institutions, in the elevation of humanity, of very small moment in comparison with the pre-natal influence of the mother—All the workings of this universe, from the smallest to the greatest, governed by law—In the production of offspring there too must be a law—The law of chance or accident the law observed by the mass of mankind—The great wrong done by the non-observance of the law of reproduction—The deformed, homely, and diseased—The mediocre—The world's great, their appearance explained—The immense importance of a right birthright on the future welfare of mankind—Extending into eternity—An imbecile or idiot here cannot bloom into a Shakespeare or Milton in the next world—A nature endowed by the parents with a licentious, gluttonous, wicked nature, will not, on leaving this earth, take on the garments of purity, innocence and holiness—The fundamental principles of genius in reproduction—Some obstacles to its observance—Their remedies—The requirements in women whose desire it is to observe the law of genius in the production of bright and beautiful children—The requirements in men—Three periods of transmitted influence—Period of introductory preparation—Period of gestatory influence—Period of nursing influence—The mother's influence during these periods—The father's influence—The time at which the ovum, or egg, is in its freshest and ripest state, at which time it should be impregnated—Husband and wife's duty during the period of introductory preparation—The principal requisites required to transmit desirable qualities to the offspring—The quality of genius, or beauty, not necessary in the parents to enable them to transmit these qualities to their offspring—Definition of genius as given by Webster—Talent always in demand, mediocrity always at a discount—The pursuit of life for the child to be determined on before conception—Farmers—Farming the most desirable occupation in life—Where they fail and how they fail—What they are and what they should be—Other occupations—Adam Smith on vegetarianism—First thing to be done in the observance of the season of introductory preparation—The importance of a life free from injurious and filthy habits during this period—Order—Truthfulness—Reverence for God—Unity of plans and desires—The introductory period one of intensity of thought and action—Suppose a plan of life be adopted for a male child, and a female appear—What then?—Instruction by examples—The expense for educating the future child should commence with the introductory period of preparation—This law of genius can be adopted by the poorest as well as the richest—Is a necessity as much to the laborer as to the diplomatist—In transmission of genius, the parents do not require to know so much as to try, to experiment—The transmission of accessory qualities as guides and aids to the predominant faculty—Religious sentiments—Transmitted beauty of face and form—Parents can as easily have beautiful children as they can homely ones—Rules to be observed—Examples—Parents can generate children of a cheerful, healthy, laughing nature as easily as they can the reverse—The plan to be followed easy of observance—Importance of a life of strict chastity during these different periods of pre-natal influence—Feverish pursuit of money as a barrier to the observance of this law—A father's direct influence on the new life ends with the period of introductory preparation—Importance of a close observance by him—Result of a united observance of this law, 135—137

PART SECOND—THE CONSUMMATION.

CHAPTER XIV.—THE CONCEPTION OF A NEW LIFE.

The proper season—Best months—Best time of day—Light and darkness—Light the source of life—Darkness the synonym of death—The new life should be generated when the husband and wife are at their perfection of physical and mental strength—The time of day this occurs—The sleeping room

COWAN & COMPANY'S CATALOGUE OF NEW BOOKS.

THE SCIENCE OF A NEW LIFE—CONTENTS CONTINUED.

—The morning exercise of the devotional sentiments—Out-door exercise—Purity of thoughts—
The consummation, 176—180

CHAPTER XV.—THE PHYSIOLOGY OF INTRA-UTERINE GROWTH.

Growth of the egg after fecundation—The remarkable change that takes place—Segmentation of the vitellus—Blastodermic membrane—External layer—Internal layer—Chorion—Ovum at end of first month—Relation of the cord, placenta, membrane, etc.—Embryo, how nourished—Placenta—Fœtal circulation—Description of growth of ovum from tenth day to ninth month—Growth and development of the face, 181—191

CHAPTER XVI.—PERIOD OF GESTATIVE INFLUENCE.

The fecundated egg—When the physical life commences—When the soul life commences—The medium of communication between the soul and the body—The medium of communication between the mother and fetus—The first great requirement to be observed by the mother during this period—The food to be used at this time—The only allowable drink—Dyspepsia, how transmitted—The importance of air and light—Baths—Sleep—Habits of thought and action to be observed—Period of gestative influence to be divided into two sections—The first four months, the physical in the mother predominating—The last five, the mental predominating—Indisputable reasons why sexual congress should not take place between the husband and wife during this period—Illustrations of the wonderful power of prenatal influence—A young prodigy—An engineer—Woman's right to choose new paths of labor—Woman's mediocrity in her present allotted paths of labor—How to be remedied—Napoleon I.—The poet Burns—Why Scotland produces such a number of literary and scientific men—Other illustrations—The result, when this law is slighted and disregarded—Children with bad tempers—Untruthful, sickly, scrofulous, consumptive, homely, desire for tobacco—Fondness for alcoholic liquors, licentious, imbecile, idiotic, dishonest, revengeful—Cases illustrating these facts—The great responsibility parents accept in generating new beings for eternity, 192—234

CHAPTER XVII.—PREGNANCY, ITS SIGNS AND DURATION.

How originating a new life affects the nature of the mother—Signs indicating that pregnancy has taken place—Failure in recurrence of the menses—Morning sickness—Salivation—Mammary changes—Secretion of milk—Enlargement of the abdomen—Quickening—Pregnancy may exist without any of these signs—Duration of pregnancy—Viability of the child—Plan to adopt to save life in a birth at the seventh month, 235—246

CHAPTER XVIII.—DISORDERS OF PREGNANCY.

Bearing of children a natural process—Why some women have easy, and others difficult births—Underlying cause of ill health during pregnancy—Nausea and vomiting—Longings—Fainting—Sleeplessness—Costiveness—Diarrhoea—Piles—Pruritus—Heartburn—Toothache—Headache—Palpitation of the heart—Swelling of the feet and legs—Pain in the breast—Hysteria—Irritation of the bladder—Jaundice—Vomiting of blood—Vaccination—Salivation—ABORTION, or MIS-CARRIAGE—What it indicates—Its frequency, how caused—Effects on the woman serious and lasting—Symptoms—How to arrest—How to prevent, 247—259

CHAPTER XIX.—CONFINEMENT.

Mode of life to be adopted to insure an easy birth—Clothing—Food that will prematurely harden the bones—Food that will keep them in a cartilaginous state—Prevention from suffering in parturition—The time when this particular kind of food should be used—Baths a great help to easy child-birth—Injections—Pure air and sunlight—Exercise—PREPARATIONS FOR CONFINEMENT—The presence of gossiping friends and neighbors undesirable—Who should be present—Commencement of labor—First indications—How to proceed in case the accoucher fails to attend, 256—263

CHAPTER XX.—MANAGEMENT OF MOTHER AND CHILD AFTER DELIVERY.

Removal of soiled clothes—Bathing—How the abdominal bandage is useless—What to substitute in its place—Visitors—Ventilation of the lying-in chamber—Mistakes in regard to diet at this time—The breasts—Milk-fever—Care of Nipples—Management of child after birth—Baths—Dress—Exercise—Nursing room—Food—Soothing syrups—How often should a child be nursed—When should it be weaned, 264—278

CHAPTER XX.—PERIOD OF NURSING INFLUENCE.

How the character of the child is influenced by the mother during this period—The great wrong done the child when not nursed by the mother—Maternal influence at this period greatly under-estimated—Effect of the use of wrong food and drink by the mother on the health and character of the child—Effect of mental effort on the nursing child—The mother can transmit desirable mental and physical qualities to the child during this period—Full directions to this end, 279—286

PART THIRD—WRONGS RIGHTED.

CHAPTER XXII.—FETICIDE.

Its extent—A nation of murderers—As prevalent in the country as in the city—Proofs—The crime a murder, no more; no less—Arguments the perpetrators advance to shield their iniquity—When life is present in the embryo—When the soul is present—Classes of society in which the women are found who practice ante-natal child-murder—Church-members and professing Christians not exempt—The crime against the wife and child of an undesired maternity—Who responsible—Letters from women

COWAN & COMPANY'S CATALOGUE OF NEW BOOKS.

who have suffered, exposing the cause and its results in all their hideous deformity—Results of forced abortions on the body and soul of the mother—Proportion who die—The local effects—Effects on the children born after—Sterility a frequent result—Beauty destroyed—Old age hastened—Remorse of conscience—The ever-present phantom of a great crime—These undeveloped souls as witnesses in the next world—Advice offered, the observance of which will result in less danger and harm to the mother—Effect on the child should the woman fail in accomplishing her desire—Suggestions as to how the great crime is to be treated and prevented—No forced abortions practiced by Roman Catholics—The duty of ministers and teachers—Parting words to unmarried women, . . . 289—315

CHAPTER XXIII.—DISEASES PECULIAR TO WOMEN.

Their cause and symptoms—Directions for home-treatment and cure—Why women are so universally complaining—A rich field for quacks and patent-medicine venders—Absent menstruation—Retained menstruation—Suppressed menstruation—Chronic suppression—Irregular menstruation—Painful menstruation—Profuse menstruation—Vicarious menstruation—Cessation of menstruation—Chlorosis—Inflammation of the ovaries—Inflammation of the uterus—Chronic inflammation—Ulceration of the uterus—Tumor in the uterus—Cancer of the uterus—Corroding ulcer—Cauliflower excrescence—Displacement of the uterus—Prolapsus uteri, or falling of the womb—Retroversion of the uterus—Retroflexion—Ante-version—Leucorrhœa or "whites," . . . 311—329

CHAPTER XXIV.—DISEASES PECULIAR TO MEN.

Their cause and symptoms, with directions for home-treatment and cure—Gonorrhœa and cure—Gleet—Phymosis—Paraphymosis—Stricture of the urethra—Swelled testicle—Inflammation of the prostate gland—Inflammation of the bladder—Vegetations—The chancroid and chancre—Duboës—Syphilis—Diagnostic difference between the chancroid and chancre—Involuntary nocturnal emissions—Spermatozoa—Miscellaneous disorders affecting emission, erection and the semen, . . . 330—364

CHAPTER XXV.—MASTURBATION.

Its cause, results and cure—Its extent—Its effects on the character and future prospects of the individual—Evidence from the superintendent of a lunatic asylum as to its prevalence—Exciting and transmitted causes—Signs in the boy, girl or man, that he who runs may read—Home-method of cure and restoration to perfect manhood—Requirements necessary to its prevention, . . . 365—375

CHAPTER XXVI.—STERILITY AND IMPOTENCY.

Cause, treatment and cure—One of the first laws promulgated by the Almighty, "Increase and multiply"—The incapacity to observe this law a source of life-long misery and unhappiness—Sterility, in most cases, susceptible of removal—Two classes—Violated physiological laws as causes—How excess in the newly married results in sterility—Why a large proportion of the newly married have no desire for children—How sterility occurs after the birth of one or two children—Inflammation of the uterus as a cause—General debility—Prolapsus and obliquity of the womb as causes—Imperforate hymen—Stricture of the vagina—Tumors—Stricture of the neck of the uterus—Obliteration of Fallopian tubes—Inflammation of ovaries—Absence of uterus—Congenital shortness of vagina—Undeveloped ovaries—IMPOTENCY IN MAN—Lowering of the vital force by excess—Masturbation—Want of sexual feeling—Non-descent of the testicles—Hernia—Varicocele—Stricture of the urethra—Obesity—Abnormal condition of the erectile tissue—A natural phymosis—Temperament, . . . 376—384

CHAPTER XXVII.—SUBJECTS OF WHICH MORE MIGHT BE SAID, . . . 385—396

CHAPTER XXVIII.—A HAPPY MARRIED LIFE—HOW SECURED, . . . 397—410.



PERSONAL AND NEWSPAPER NOTICES.

[From the *Woman's Advocate*.]

The title of this work suggests the idea of another life on this earth-plane of existence—higher, holier, and purer in its aims, aspirations, and desires, and yet it does not suggest, or even intimate, to the prospective reader the true character and nature of the volume in its mission before the world. To the actual reader the title is truly significant and appropriate—as the writer so beautifully unfolds the Laws of Reproduction, by and through the observance of which the highest and purest type of humanity may be and is produced. The regeneration of the race, through the laws of physiological and psychological reproduction, is the leading and perhaps the grandest thought of Dr. Cowan's work.

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[*From Dr. Dio Lewis, of Boston, the well-known Author and Lecturer.*]

Dr. COWAN—Dear Sir : I have read your work, "The Science of a New Life." I have more than read it—I have studied, I have feasted upon it.

During the last twenty years I have eagerly sought everything upon this most vital subject, but I have found nothing which approaches in simplicity, delicacy, earnestness and power this work. On my own account, and in behalf of the myriads to whom your incomparable book will carry hope and life, I thank you.

For years I have been gathering material for such a work. Constantly I have applications for the book, which years ago I promised the public. Now I shall most conscientiously and joyfully send them to you. I am most respectfully yours, DIO LEWIS.

[*Extract of a Letter from Robert Dale Owen to the Author.*]

I thank you much for the brave book you were so kind as to send me. The subjects upon which it touches are among the most important of any connected with Social Science, and the world is your debtor for the bold stand you have taken.

Yours sincerely,

ROBERT DALE OWEN.

[*From Rev. Octavius B. Frothingham, of New York.*]

I have read with care "The Science of a New Life." If a million of the married and unmarried would do the same, they would learn many things of deepest import to their welfare.

Not that I am prepared to give it my unqualified praise ; but the substance of the book is excellent, its purpose high, its counsel noble, its spirit earnest, humane, and pure. I trust it will have a very wide circulation. Sincerely yours, O. B. FROTHINGHAM.

[*From W. Waite Warner, Editor of the Michigan State Register.*]

I can hardly thank you sufficiently for your great goodness in sending me this magnificent work, and I shall do my best to procure for you an active Agent in this State. I regard "The Science of a New Life" as the *ablest* and *best* work of the kind yet published, and feel assured that it will do incalculable good in the world. Such a work has long been needed, and I trust it will find earnest, thoughtful readers in every household in the land. It *deserves* a generous reception. Yours respectfully, W. WAITE WARNER.

[*From Francis E. Abbott, Editor Index, Toledo.*]

Dr. John Cowan's "Science of a New Life" is a work devoted to all that relates to marriage and written in a style and spirit that command our unqualified approbation. It is plain, direct, and practical—yet permeated with so deep a reverence for the marriage relation, and so utter an abhorrence of what we are ashamed to call fashionable abominations, that pruriency will be rebuked, and the love of purity heightened by its perusal. There can be no question that physiological knowledge of this character is sorely needed by thousands and thousands of people, whose innocent offspring must pay the penalty of their parents' ignorance or vice. To those who would put a really unexceptionable book on these subjects in the hands of young persons approaching maturity, we can conscientiously recommend this as one that will enlighten without debasing.

[*From Rev. N. J. Burton, of Hartford, Conn.*]

I have read Dr. Cowan's "Science of a New Life," dedicated by him to "all the married, but particularly to those who contemplate marriage," and I think it is a decidedly good book to circulate. The Doctor writes with the most downright plainness on the most delicate matters, but with the most perfect purity, and with an evident intention to do good. He inclines to be an extremist at points—as, for example, where he lays it down that no woman should marry a man who uses tobacco ; but his exaggerations are always in the direction of good morals and the noblest life, and I wish him any amount of success in circulating his book. Truly yours, N. J. BURTON.

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[From Rev. E. O. Ward, Presbyterian Minister, of Bethany, Pa.]

"The Science of a New Life," by John Cowan, M.D., I consider well worthy of patronage, and cheerfully commend it to the confidence of my people, and hope it shall have a very extensive circulation.

REV. E. O. WARD.

[From Moore's Rural New-Yorker.]

"If ever the reformation of the world is to be accomplished—if ever the millennium of purity, chastity, and intense happiness reaches this earth, it can only do so through rightly directed pre-natal laws." Such is the sentiment upon which this book is built up—a sentiment not admirably expressed, but admirable in its meaning. To a correct understanding of the laws pre-natal and post-natal, as also to a more thorough comprehension of what marriage should be, and what it should accomplish for mutual happiness, these four hundred and five octavo pages by Dr. Cowan must greatly conduce. They are devoted to topics concerning which no person arrived at years of thoughtfulness should be ignorant. They treat of these topics in a plain, sensible manner, in language that none but a prude can object to, and are apparently written in no spirit of quackery, but for a worthy purpose. Could the book be placed in the hands of every young person contemplating matrimony it would assuredly do much good.

[From the Christian Advocate, New York.]

It is a difficult as well as a delicate task to discuss in a proper manner the subject of reproduction of a new human life. This the author of this work has undertaken, going into details of facts and philosophy, with constantly applied suggestions of a physiological, sanitary and moral character. The method and execution of the work are quite unexceptionable, and many of its practical suggestions are certainly valuable.

[From the Round Table, New York.]

The dedication of Dr. Cowan's book—"To all the Married, but particularly to those who contemplate Marriage" sufficiently indicates its scope and purpose. It is an earnest plea for temperance in all things, for the subjection of the senses to the spirit, for the rule of purity and continence, especially in the relation of life which most people seem to enter only to find a pretext for discarding both. * * * * If only for the earnestness with which it denounces and condemns the atrocious practice of ante-natal infanticide, or the scarcely less revolting indecencies of prevention, the legal prostitution of all sorts for which modern marriage is made the flimsy veil, this book would be worthy of the praise of every pure-minded man and woman; but it calls for even higher approbation by its recognition and emphatic assertion of what to-day is so rarely recognized or admitted—the essential nobleness, purity and holiness of the marital state.

[From the Methodist Home Journal, Philadelphia, Pa.]

This work is a clear, comprehensive, and yet concise treatment of laws which regulate human life, as well as those which pertain to the married relation. It is an evidently candid attempt to popularize information on one of the most important subjects which come within the range of human thought. The book is worthy an extended sale.

[From the Hartford Courant.]

This work is very different from the works that are usually published on this subject. It is a plain but chaste book, dealing with the physical problems which most concern all human beings in the spirit of science and humanity. What we all as society need is a better understanding of physiology and the laws of health, so that men and women, knowing these laws and their own constitutions, can live properly, in such physical estate as shall produce the best mental state. This book is a very valuable contribution to that end.

[From the Scottish American, New York.]

This work is specially designed for married persons and those who contemplate marriage. We agree with the author in believing that "no person who exercises the unselfish and impartial of his or her nature can possibly read and reflect upon its contents without being impressed, in a greater or smaller measure, with the requirements so necessary in all that goes

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to constitute life as God first planned it." The work contains a large amount of information, apart from theory, of the highest value to all who prize the blessing of "a sound mind in a sound body." It is a work which may safely be placed in the hands of all married persons, and all persons intending to marry, and their happiness would certainly be much increased by observing the rules laid down by the author. The work is carefully printed from large type, on good paper, is well bound and beautifully illustrated.

[*From the Revolution, New York.*]

This is one of the handsomest volumes, as well as most elaborate treatises on its subject, that has for a long time appeared. To young families, or persons about entering the family relation, it will prove a treasure. To parents, teachers, and all who have the training of children, it cannot be too highly recommended.

[*From the Banner of Light, Boston.*]

We welcome a publication of this sort with undisguised sincerity, thankful that the time at last has come when fundamental and radical physiological truths may be told to the people plainly. Had such books been placed in the hands of younger men two or three generations ago, their effect would have been visible enough in the physical character and habits of the men of to-day.

[*From the Lowell Daily Courier.*]

This is the only book of this character we have ever seen which seem to be imbued with a conscientious spirit from beginning to end. Hundreds of books on love, marriage, and the relations of the sexes, have been written to sell. Many of them have done infinite harm, instead of remedying the evils they pretended to combat; but nobody can practice on the principles laid down by Dr. Cowan without being better and wiser.

[*From the New York Albion.*]

"The Science of a New Life," by John Cowan, M.D., is a hygienic and social guide which many men, whether married or single, will be the better for carefully perusing. * * * It devotes a large space to matters more or less physiological in their character, and in so doing treads upon somewhat delicate ground; yet we have failed to detect anything which might be regarded as inadmissible in a book intended for the instruction and to promote the well-being of those into whose hands it may fall. It discusses the subjects on which it treats in a refined and Christian spirit and with much good sense.

[*From the Farmer, Bridgeport, Conn.*]

Upon no topic connected with our physical well-being does so much ignorance prevail, and consequently abuse or wrong-doing, as upon those so fully treated of in this work. The book should have a wide circulation. The author has dedicated it to "all the married, and particularly those who contemplate marriage." He should have dedicated it to "all the world, and the rest of mankind," for its expositions and teachings are important not only to the married and those who contemplate marriage, but to all, both of high degree and low degree, civilized or savage."

[*From the Register, South Jackson, Mich.*]

Books of this character can not be multiplied too rapidly, nor can the influence of such works as this, in releasing men and women from the strong bonds of ignorance, vice, and crime, be too highly estimated. The human race, we know, needs something stronger and more powerful than the influence of a single volume, however good, to remove the many evils of social and domestic life—line upon line, precept upon precept—a little here, and a great deal more there, can alone accomplish the great work of reformation, and restore the wasted, sin-polluted lives of our fellow-beings to a condition of moral purity; but we must admit that Dr. Cowan has done all that any lover of his race can do to check the downward course of the ignorant, thoughtless, and sinful.

WHAT TO EAT, AND HOW TO COOK IT;

WITH RULES FOR

PRESERVING, CANNING, AND DRYING FRUITS AND VEGETABLES.

BY THE AUTHOR OF "THE SCIENCE OF A NEW LIFE."

There are scores of Cook-Books in the market, but it is a question if the ingredients and the mixtures and combinations they offer as "receipts" do not, when used as food, result in physical suffering, rather than in health and vigor.

This book differs from that class of Cook-Books in that it aims to give, in a plain and understandable way, the kind of food that it is best to eat in order to regain and sustain health and strength, and a mode of cooking it that will make it at once palatable, nutritious and wholesome. Its contents, in part, are as follows:

Wheat and its Preparations—25 different methods of cooking.
Corn and Rye, and their Preparations—38 different methods of cooking.
Oats and its Preparations—7 different methods of cooking.
Buckwheat and its Preparations
Barley and its Preparations.
Rice and its Preparations—10 methods of cooking.
Sago, Tapioca and Arrowroot, and their Preparations.
Potatoes and their Preparations—16 different methods of cooking.
Peas and Beans, and their Preparations—14 methods of cooking.
Turnips, Carrots, Parsnips and Artichokes, and their Preparations.
Onions, Leeks, Garlic, etc. and their Preparations.
Cabbage, Cauliflower, Spinach, Greens, etc., and their Preparations.
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Raisins, Figs, Cucumbers, Melons, Pumpkins, Tomatoes, and their Preparations.
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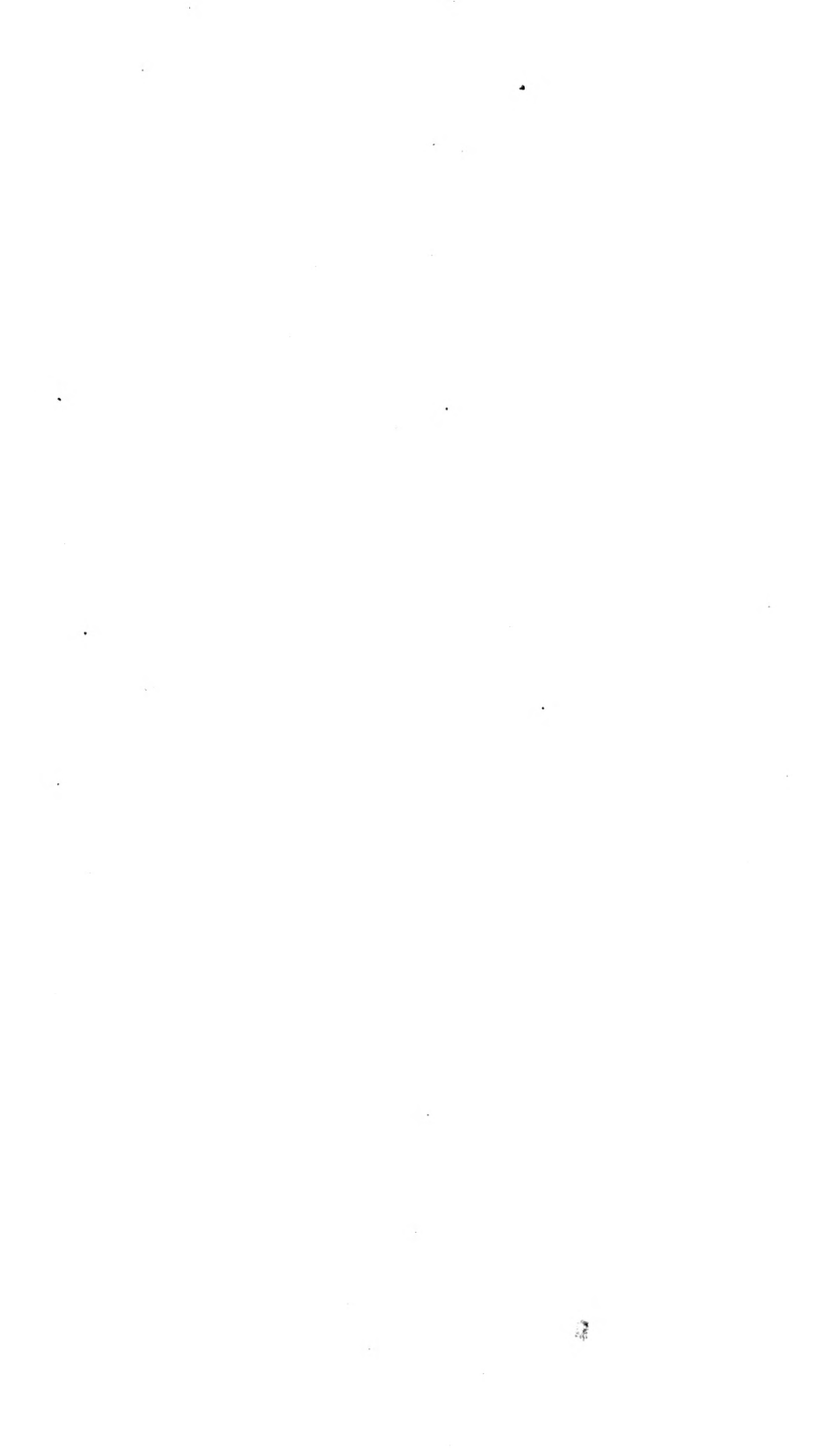
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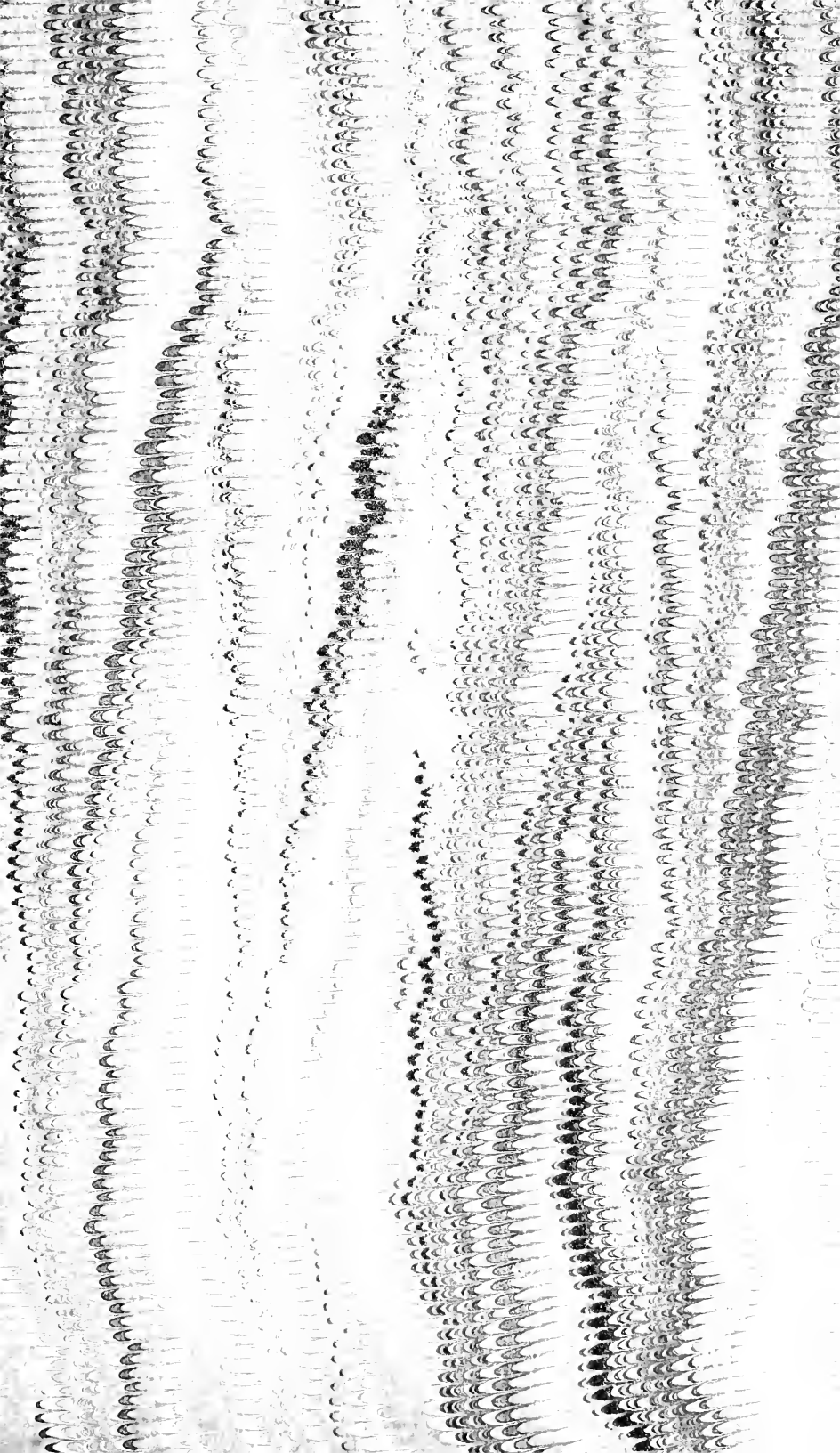
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